OUT OF THIS WORLD COOK BOOK

FOREWORD

The Out of This World Cook Book is dedicated to all those who have had a part in the Space Program on the Ground, or in Outer Space, or on the Sidelines. It includes the wives who have served meals at odd hours to husbands who have worked odd hours, and all those who have served meals to the many V.I.P.s and friends who descended on the Space Coast for every launch.

These recipes are "Out of This World recipes of Down to Earth People, and Down to Earth recipes of Out of This World People". We have included the favorite recipes of the astronauts and other V.I.P.s who have made our Space Program one of which our Country may be very proud. We also have included some of the highlights of Space Food and the Space Coast area, and illustrations by two of our artists.

All profits from the sale of this book will go towards the building, the furnishing, and the maintenance of the Space Coast Community Center at Cocoa Beach.

These recipes were contributed or collected and tested by members of the Cocoa Beach Woman's Club. We thank the National Aeronautics and Space Administration for their cooperation, and Gordon Harris, Oliver Haisten, Ollie Harness, Jack King, Mercer Livermore, and Kay Wright for their assistance in furnishing material for the chapters.

We hope this book will serve as a souvenir of the Space Program, Cape Kennedy, and the Space Coast.

"Here's to all
Our Men in Space!
And their safe return!
By God's Grace."

The Cocoa Beach Woman's Club
Cocoa Beach, Florida

★ ★ ★ ★ ★

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Cookbook Publishers, Inc.
13550 W. 108th Street
Lenexa, Kansas 66212

Proposed Boca Beach
Community Center

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OUT OF THIS WORLD
COOK BOOK
"OUT OF THIS WORLD RECIPES BY DOWN TO EARTH PEOPLE
and
DOWN TO EARTH RECIPES BY OUT OF THIS WORLD PEOPLE"

SPECIAL CHAPTERS

Cocoa Beach in the Middle of Space ..... Idalee Scholz
Food Fit for Astronauts ..... Mary Leeds

ILLUSTRATIONS

Muriel Hallett Dorothy Taylor

VERSES

Alice Dishman

PHOTOGRAPH ON COVER

Compliments of the National Aeronautics and Space Administration

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(All profits will go to the building, furnishing, and maintenance of the Space Coast Community Center at Cocoa Beach, Florida. Price per copy-$5.00 plus 75 cents per copy for mailing. Florida residents add 17 cents per copy sales tax. Additional copies may be ordered by using coupon in the back of the book.

MANNED SPACE FLIGHTS

Date	Astronauts		
May 5, 1961	Alan B. Shepard, Jr.	In Space	Mercury
July 21, 1961	Virgil I. Grissom		
February 20, 1962	John H. Glenn, Jr.	Orbited the Earth	
May 24, 1962	M. Scott Carpenter		
October 3, 1962	Walter M. Shirra, Jr.		
May 15, 1963	I. Gordon Cooper, Jr.		
March 23, 1965	Virgil I. Grissom John W. Young		Gemini 3
June 3, 1965	James A. McDevitt Edward H. White, II		Gemini 4
August 21, 1965	I. Gordon Cooper, Jr. Charles Conrad, Jr.		Gemini 5
December 4, 1965	Frank Borman James A. Lovell, Jr.		Gemini 7
December 15, 1965	Walter M. Shirra, Jr. Thomas P. Stafford		Gemini 6
March 16, 1966	Neil A. Armstrong David R. Scott		Gemini 8
June 3, 1966	Thomas P. Stafford Eugene A. Cernan		Gemini 9
September 12, 1966	John W. Young Michael Collins		Gemini 11
November 11, 1966	James A. Lovell, Jr. Edwin E. Aldrin, Jr.		Gemini 12
October 11, 1968	Walter M. Shirra, Jr. Donn F. Eisele R. Walter Cunningham		Apollo 7
December 21, 1968	Frank Borman James A. Lovell, Jr. William A. Anders		Apollo 8
March 3, 1969	James A. McDivitt Russell L. Schweickart David R. Scott		Apollo 9
May 18, 1969	Thomas P. Stafford Eugene A. Cernan John W. Young		Apollo 10
July 16, 1969	Neil A. Armstrong Edwin E. Aldrin, Jr. Michael Collins	Landed on the Moon	Apollo 11
November 14, 1969	Charles Conrad, Jr. Richard F. Gordon, Jr. Alan L. Bean		Apollo 12
April 11, 1970	James A. Lovell, Jr. John R. Swigert Fred W. Haise, Jr.		Apollo 13
January 31, 1971	Alan B. Shepard, Jr. Stuart A. Rossa Edgar D. Mitchell		Apollo 14
July 26, 1971	David R. Scott Alfred M. Worden James B. Irwin		Apollo 15
April 16, 1972	John W. Young Thomas K. Mattingly, II Charles M. Duke, Jr.		Apollo 16
December 7, 1972	Eugene A. Cernan Dr. Harrison Schmitt Ron Evans		Apollo 17

NASA MANNED SPACE FLIGHTS
(Continued)

Date	Crew	Orbits/Revs.	Projects
Mar. 3-13, 1969	James A. McDivitt David R. Scott Russell L. Schweickart	151 revs. of Earth	Apollo 9
May 18-26, 1969	Thomas P. Stafford John W. Young Eugene A. Cernan	31 revs. of Moon	Apollo 10
July 16-24, 1969	Neil A. Armstrong Michael Collins Edwin E. Aldrin, Jr.	1st Lunar Landing	Apollo 11
Nov. 14-24, 1969	Charles Conrad, Jr. Richard F. Gordon, Jr. Alan L. Bean	2nd Lunar Landing	Apollo 12
April 11-17, 1970	James A. Lovell, Jr. Fred W. Haise, Jr. John K. Swigert, Jr.	Planned lunar landing, aborted after oxygen tank rupture	Apollo 13
Jan. 11-Feb. 9, 1971	Alan B. Shepard Stuart A. Roosa Edgar D. Mitchell	3rd Lunar Landing	Apollo 14
Jul 26 Aug. 7, 1971	David R. Scott James B. Irwin Alfred M. Worden, Jr.	4th Lunar Landing	Apollo 15
Apr. 16-27, 1972	John W. Young Thomas K. Mattingly II Charles M. Duke, Jr.	5th Lunar Landing	Apollo 16
Dec. 7-19, 1973	Eugene A. Cernan Ronald E. Evans Harrison H. Schmitt	6th Lunar Landing	Apollo 17
May 25-June 22, 1973	Charles Conrad Paul J. Weitz Joseph Kerwin	404 revs.	Skylab 2
July 28-Sept. 25, 1973	Alan L. Bean Jack R. Lousma Owen Garriott	858 revs.	Skylab 3
Nov. 16, 1973 to Feb. 8, 1974	Gerald P. Carr William R. Pogue Edward G. Gibson	1214 revs.	Skylab 4
July 15-24, 1975	Thomas P. Stafford (Am.) Donald K. Slayton (Am.) Vance D. Brand (Am.) Aleksey A. Leonov (USSR) Valeriy N. Kubasov (USSR)	Rendezvous with Soyuz. Apollo-Soyuz test project	Saturn 1B-Apollo CSM Soyuz

FOOD FIT FOR ASTRONAUTS

Mary Leeds

At the beginning our Spacecoast pioneers had little time to think about food. Dinner was often in a brown paper bag and no one worried much about feeding the astronaut-monkeys. The housewives along the beach, even if they did aspire to being gourmet cooks, had all they could do just to find a grocery store to say nothing of a fancy supermarket.

Then along came the first astronauts, but their journeys into space were too short to worry much about food. Back on earth, the wives still worried more about the meat and potatoes drying up than they did about baking quiche lorraines, and cherries jubilee.

When the word went out that, "We will go to the moon in this decade", all of the Spacecoast took on a new look. The men worked even longer hours with even greater dedication and eagerness. Grocery stores opened where there had been mangroves and swamps. Long lost relatives and friends began to "discover" the space program, and came down to share in the excitement.

Still, even then, the closest things to gourmet meals anyone had time for, were backyard barbecues and a canned ham kept in the refrigerator for unexpected company.

Astronauts began to spend longer hours in space and their food DID become important .. a roast beef sandwich wouldn't suffice although one astronaut did smuggle one aboard.

At the time John Glenn became the first man to go into orbit in 1962 the astronauts could not remove their helmets and their only food came from squeeze tubes.

Astronaut David Scott who has traveled into space three times, has seen, perhaps, the most changes in astronauts' meals. His first flight was in Gemini 8, and was so short, 8 hours, that he had little time to eat. His next trip was on Apollo 9, and the meals for this crew were carefully selected and prepared after consultation with the men. For the first part of the trip, all went well, but then "everything began to taste alike", they said, putting all the remaining food together to choose what they wanted for the remainder of the flight.

Scott was also on the Apollo 15 crew, and as Mrs. Scott said in a later interview, "the food must have been much better on that flight because none of it came back".

That is the primary aim of the food experts at NASA - that the food for the astronauts be palatable - because if it isn't eaten, the whole effort is wasted.

There are other considerations of course, and Dr. Malcolm Smith and his staff, are continually working to improve the meals which are eaten in space. Nutrition is an important factor, and

efforts have been made to select nutrient combinations, particularly that will protect the crews against metabolic difficulties that occur in flight. The foods also have to be low in bulk.

Packaging and long-range preparations have to be considered as well as the fact that the foods have to be eaten in a weightless atmosphere. With the beginning of the Sky-Lab program, the planning had to be for even longer periods as the food for three separate crews have to go up with the Earth Orbiting Space Station. This means, for instance, that some of the astronauts will be asked what they would like for dinner six and eight months ahead.

One problem with space food has been that it was all of one temperature - nothing was ever hot or cold - one reason why it "all tasted alike". In Sky-Lab, there will be heaters and freezers, so the food should taste better.

All of the planning and preparation that has gone into the food for our astronauts - new technology in packaging and processing foods, advanced nutrition evaluations - all these are spin-off benefits of the space program. Already some of them have reached our family dinner tables. Many more will come when consumer production capabilities bring the costs down.

Speaking of costs - one thing the housewife will be surprised to hear, is the fact that feeding an astronaut is becoming less expensive with each flight. On Gemini flights, it cost about $300.00 a day to feed one astronaut. Apollo crew costs came down to below $200.00 and they hope to feed Sky-Lab crews for about $75.00 a man, per day.

All the while, Dr. Smith and his "cooks" were taking care of the astronauts the poor Spacecoast wife was still struggling with her husband's erratic hours and coping with unexpected company. The whole thing reached a peak when the first crew was launched to land on the moon - Apollo 11. Not a motel room was vacant and every rollaway bed in Brevard was "rolled out". Very important guests were getting more important all the time. Movie stars, foreign diplomats, Senators, and TV newsmen mingled at the launches with Boy Scouts from Iowa, old school chums, distant relatives, and hippies.

Even between launches, the Spacecoast was host to all those interested in the space program, and they came by the thousands. We welcomed them enthusiastically and our entertaining became more sophisticated. Instead of canned hams, our freezers were full of delicious surprise dinners ready for any occasion. We concocted fancy dips and finger foods for big cocktail parties, and instead of a chicken on the grill, our barbecues became gourmet luaus. The buffet for a Sunday boatride on the Banana River might rival that on any cruise ship and world traveling military wives in the area shared exotic recipes from around the world.

Best of all, our own Space Coast provided us with wonderful

Cocoa Beach, Florida

tropical fruits and seafoods, enough to turn any housewife into a gourmet cook.

What to feed an astronaut when he travels in space, may continue to be a problem for NASA, but back here Space Coast people have little need to go on wondering "what ON EARTH to have for dinner". Friends of the Space Program, visitors to our Space Coast, and "space" people themselves, have all contributed and our "Out of This World" Cookbook is full of suggestions and recipes from "Out of This World" gourmets and "Down to Earth" cooks.

COCOA BEACH IN THE MIDDLE OF SPACE

Idalee Scholz

What was Cocoa Beach like before the Missile Age Explosion? A place where the "Piper Cub" airplanes had a "fly-in" landing on the beach, the only way to get here except by boat; then a wooden bridge; next a two lane causeway; and now a four lane causeway.

It was a place where Atlantic Avenue was a two lane state road with beautiful trees on each side, forming a canopy overhead through which the sun filtered and beyond which the ocean glistened. It was a gorgeous smooth sandy beach where one could walk for blocks before getting one's knees under water. The beach was covered with all varieties of shells, large and small. Here the Neptune Festival was held with street dancing, beauty contests, and all.

It was a place where the mosquitoes were large and in such volume, that they could literally cart one off, where watches could be set by the daily one to two hour gully-washes in the rainy season. Most of Cocoa Beach was a jungle where deer, wild hogs, sea turtles, panthers, bob cats, racoons, armadillas, snakes, an occasional alligator and bear outnumbered the people. North of Cocoa Avenue (Minuteman Causeway), was a game preserve. Garden produce from a farm (located where city hall now stands) consistently won prizes throughout Central Florida, and citrus from groves where the First Federal Glass Bank is located was considered some of the finest. The beach was flat and smooth, and an automobile could travel from south of the Patrick Air Force Base to Titusville.

Gus Edwards was the Founding Father of the City, and on August 11, 1925, the City of Cocoa Beach was Incorporated and Chartered, and a commission was formed, governed by a mayor chosen from the commission. Gus Edwards was the first mayor and held that office until 1931. J. A. Haisten was the mayor from 1931 to 1934, followed by F. J.G. (Pappy) Pulsipher from 1934 to 1950. He was considered the most beneficent, next to Gus Edwards, because he spent money of his own for things the city needed. Herbert L. LaRoche was mayor from 1950 to 1956. The first elected mayor was Sidney Fischer in 1957. He was followed by Tom Kenney, Bob Murkshe, and Lee Caron, the present mayor.

In 1926, a terrible hurricane hit southern Florida and the tide and winds cut the bluff of Cocoa Beach back about 20 feet and uncovered an old sunken boat just off of First Street South. During World War II, people watched German submarines sink and burn ships off shore. A German U-boat was rumored to have landed men on the beach and the residents of Cocoa Beach had to show their ID cards before they could step foot in Cocoa.

-H- Cocoa Beach, Florida

In 1940, the population was about 10 with about six or seven houses and Gus Edwards' little white church along Atlantic and Orlando Avenues. Atlantic Avenue was paved, and Orlando Avenue was graded to Third Street South. Cocoa Avenue was paved for one block and the rest graded. At the Atlantic and Cocoa Avenue (Minuteman Causeway) intersection was the Surf Restaurant. In the same building was the City Office and the little old musty smelling Post Office where everyone caught up on the local gossip. This later was the office of the Surfside Slant. On the Atlantic side of the building, was the Barber Shop. To the south of the city, was the Banana River Naval Air Base.

On July 24, 1950, the Space Program was launched by the Air Force with the "Bumper 8", a captured German V-2 Rocket, 60 feet tall with a W.A.C. Corporal 2nd stage. A painter's scaffold was the service tower with a one foot thick slab of cement as a pad. It was launched in a southeasterly direction from Cape Canaveral with a 200 mile missile range managed by the Air Force. This missile came from White Sands, New Mexico, and was the first launch to see if we could launch a two stage missile.

Thus, we were vaulted into the Space Age. The population of Cocoa Beach was 246. Sea turtles rested across from the Surf. City Hall moved into a one story building at the present site with the Volunteer Fire Department and a Police Department. A small library was started in a room back of the fire truck. Orlando was graded to the triangle on 4th Street North. Missilemen coming into the area to "fly" their missiles had to stay in Melbourne Beach, mainly at the Tradewinds Hotel, a very lovely old hotel with pool, just off the ocean. They drove the long distance to the Cape through the guard gate at Patrick Air Force Base and Cocoa Beach. After many long hours of work, they ate at the Surf and drove back to Melbourne Beach. Later in the '50s a few places opened for them to stay in Cocoa Beach. The Community Church was built in 1950. In 1955, the building across from the Surf was built and several businesses opened, including the Sea Urchin. Cocoa Beach Hardware was on the unpaved portion of Cocoa Avenue. A small grocery store called "Rutland's" opened, and a small Drug Store opened on the northeast corner of Atlantic. Ann's Variety and the filling station opened on that block.

In 1957, the musty old Post Office moved to a bigger store on Orlando. There was a warm small town feeling, and when one walked down the street, even if a newcomer, everyone smiled, waved, and said "hello", and everyone knew each other. Ramon's opened in 1957 on the two lane causeway with Jake's Bowling Alley and Bishop's Gulf Station opening across the street. On Sundays the churches held services in both Ramon's and the Bowling Alley until the various churches were built.

In 1955-56, one did her weekly grocery shopping at a small A & P or Winn-Dixie store in down town Cocoa. Car pooling and taking ice chests were a necessity, and one prayed that the old bridges wouldn't get stuck -- then traffic would be tied up for hours. One didn't go shopping Wednesday afternoons because all the shops would be closed with a "Gone Fishing" sign on the door. Shopping was done in Orlando if Brevard stores did not carry an item, but they also closed for an afternoon a week for fishing, etc. There were no shopping malls built even there, until mid 1960. A true experience happened in a small 5¢ & 10¢ store in Cocoa that carried seam tape. There was such a demand for it that the owner stopped carrying it -- "Too much trouble to keep it on the shelves".

Beach children were bussed to schools in Cocoa and then to Merritt Island when those schools were built. Cocoa Beach Grade School (Freedom Seven) opened in 1958, Cocoa Beach High School opened in 1964, and Roosevelt Junior High opened in 1967.

The fishing boats fished close to shore, and smaller boats had nets stretched to the beach where men walked with the nets. Housewives brought buckets, tubs, etc. The fishermen would be fishing for a certain type, and all the other seafood would be given away to whoever was there. Such a marvelous experience, and nothing can compare to delicious fresh seafood.

The water supply came from deep wells and the sulphur smell was quite an experience to newcomers. Most bought large bottles of water. Entertainment was furnished by Church, home parties, beach parties, attending school board and commission meetings. Nothing was air conditioned.

Missile shots were military and so were classified in the '50s. Some of the early ones were the Bomarc, Navaho, Snark, Matador, Aerobee, and Vanguard. These were followed by the more sophisticated ones -- Minuteman, Redstone, Thor-Delta, Atlas, Titan, Blue Scout, Polaris, and the huge Saturn.

Even though shots were classified, if one was observant of the signs, one knew and soon the beaches would be lined with cars and people to watch the spectacular sight. Those were experimental times, and one prayed the missile would at least clear the Cape and not explode where husbands and friends were. One such missile flew back towards Merritt Island and caused a small panic before it was "destructed". Then there was the "No-Go Navaho", so named because it had such bad luck. There was the story of a man on top of a blockhouse to see the launch better who became so excited when a missile came back down, he stepped backwards, fell off, and broke his foot. The destructed missiles were more common than not, and although the sight of such gigantic fireworks was beautiful and awesome, everyone's heart was heavy at the failure. The Redstone sent the Monkey into space. One was a partial success, and "Hamm" went all the way.

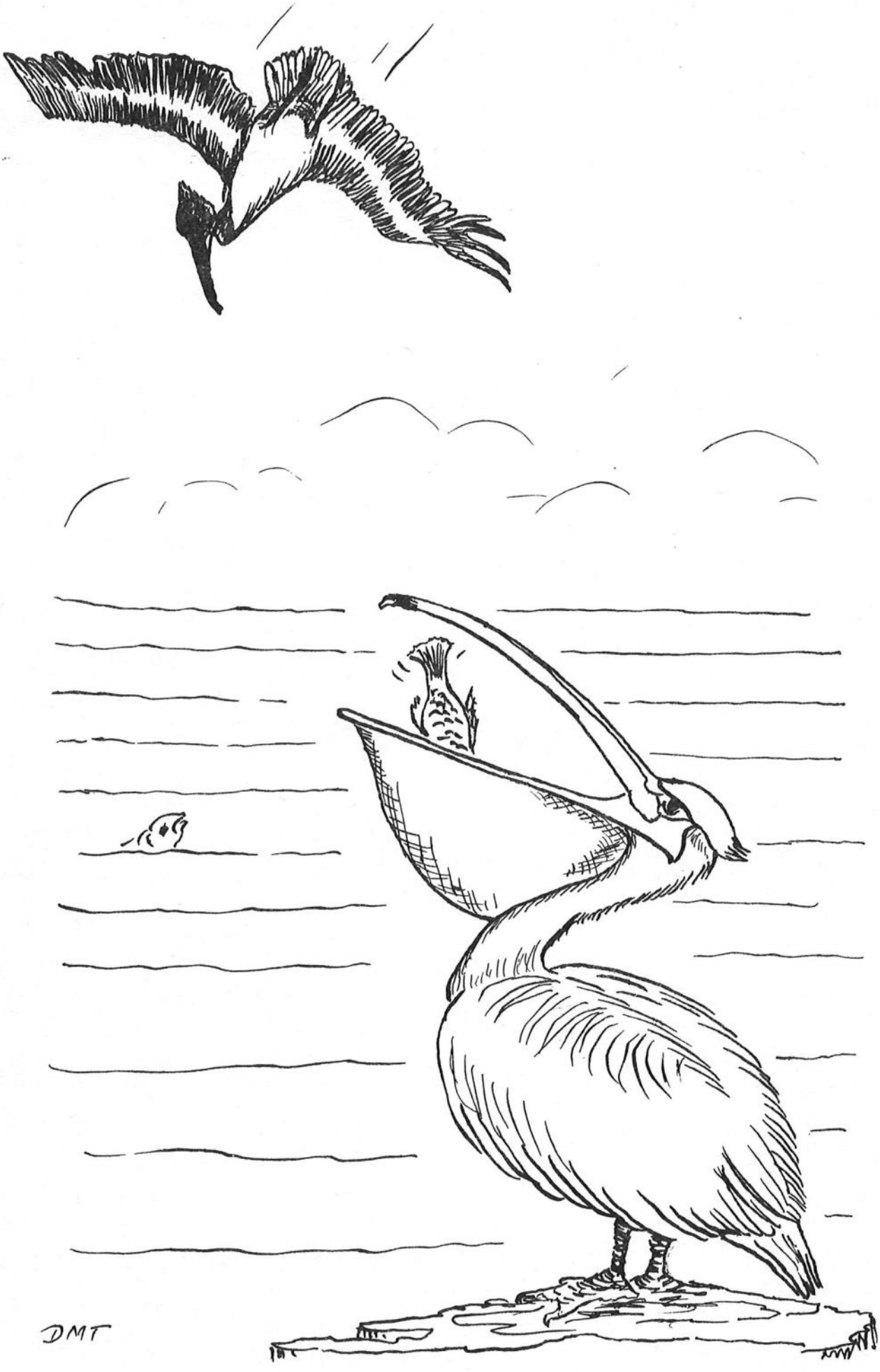
-J- Cocoa Beach, Florida

May 6, 1961, came the big moment when Alan Shepard, our first astronaut, was atop a Redstone missile. Racing through one's mind were pictures of the destructed missiles as well as the successes, and here on top of that explosive hunk of metal was a tiny capsule with a man inside. Excitement mounted as the count continued -- 3, 2, 1, Liftoff!! Oh, so slow, - would it go? Tears streamed down spectators' faces, prayers were spoken, then, "Go, Baby, Go! All the Way!" until that tiny speck disappeared in the distance. The agonizing wait until the radio voice spoke "Freedom 7 has landed in the Atlantic Ocean". Man had flown in space. Everything was A-Okay. The seven astronauts lived, went to church, partied, came back for parades, and made friends of Cocoa Beach's residents.

In 1960, the population of our little town had grown to 3,475, and the 200 mile test range became the 10,000 mile Eastern Test Range of today. The destructed test missiles became a thing of the past, and the technical teamwork of missilemen through the years of Research and Development became a technical team-machine of knowledge that knew no limits. They had a manned launch system of success through the Mercury, Gemini, and finally, the Apollo that stunned the world via Satellite Television, when on July 20, 1969, Neil Armstrong set boot on the surface of the Moon. The world was electrified by the news of the Apollo 13 space explosion and listened to its dangerous, but safe trip home. Apollo 15 in late July, 1971, landed an electric car called the Lunar Rover, and the astronauts gave the whole world an arm-chair travel tour of the moon in color. All of this in just over ten years of our men entering Space. The first night manned launch was a spectacular, beautiful, breathtaking sight when Apollo 17 liftoff signalled the last of the Apollo missions, December 7, 1972.

The anticipation of the now 11,555 residents of Cocoa Beach in 1973 of the upcoming launch of Skylab -- the orbiting space station" and the wonderment of what will take place with the Rendezvous Mission of Russia and the United States in 1975 -- this is Cocoa Beach today. What will Cocoa Beach be like in 1975 and the years to follow? -- A never ending question.

-K- Cocoa Beach, Florida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SIPS, NIPS, AND DIPS FOR VIPS

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****

Some take NIPS,
And some take SIPS,
But whatever you serve,
You'll need an Hors D'Oeuvre.

****

SANGRIA

General David M. Jones, Commander, Eastern Test Range (Air Force)

1 bottle wine, still burgundy or rose
3 Tbsp. sugar
1/2 c. cognac
1/4 c. cointreau
1 (12 oz.) can Canada Dry soda
1 sliced orange
1 sliced lemon
1 sliced apple, peach, or other fresh fruit
1 ice tray of ice

Add more sugar to taste.

CHAMPAGNE PUNCH

Mrs. Barry Goldwater, Jr., whose husband is on the Committee for Science and Astronautics, sent us this, using, of course, California champagne.

Mix following ingredients in 8 quart punch bowl:

4 small cans frozen lemonade
4 small cans frozen pineapple juice
2 qt. ginger ale
1 qt. sparkling water
1 bottle California champagne
1 can water for each can of juice

APRICOT BRANDY

Mrs. Donovan D. MacPherson and her late husband were with the State Department in Paraguay.

1 pkg. (1 lb.) dry apricots
2 c. sugar
1 fifth of vodka

Set in dark spot for 6 weeks. Shake about every 2 weeks to dissolve sugar.

KALUAH — Mrs. Donovan D. MacPherson

Boil and cool:

4 c. water
6 c. sugar

Boil and cool:

4 c. water
2 oz. Spice Island instant coffee, or 2 oz. Java-mocha coffee

Mix above and add:

1 oz. pure vanilla
1 qt. 100% proof alcohol, or 1 qt. 100% proof vodka

COFFEE ROYAL

A favorite of the Malcolm Ramsays

1 gal. medium strong coffee
1/2 (1/5 bottle) bourbon
1 bottle brandy (1/5)
Ice cream (vanilla)

Add enough sugar to coffee to slightly sweeten before adding bourbon and brandy. If possible, (although not necessary) chill overnight. Serve in punch bowl with a brick of vanilla ice cream floating in the bowl. Sample before serving. If the punch has a strong coffee flavor, add more brandy -- for a mild pleasing taste. This is excellent for holiday brunches.

SANGRIA

Another version of Sangria. Mrs. Carl Eschels says this is a delicious drink! Her husband retired from NASA.

4 lemons
1 orange
1/2 c. sugar
1 (4/5 qt.) bottle rose wine

Squeeze juice from lemons and orange. Combine with sugar. Strain and add wine. Serve in tall glasses, half filled with crushed ice. Makes 8 servings.

Note: 1/4 slice orange, pineapple chunk, and maraschino cherry can be used as garnish.

ROSE WINE COOLER

Mrs. Robert Prentice, whose husband is a stock broker.

1 large bottle rose wine
1 (7 oz.) bottle soda water
Dash of grenadine
8 - 9 Tbsp. frozen lemonade concentrate, thawed

Have all ingredients well chilled. To serve, mix all ingredients together. If you like a sweeter drink, add a little more lemonade. Pour over crushed ice. Approximately 8 servings.

PARTY PUNCH

This versatile fruit punch for 75 comes from Mrs. Thomas Groover, whose husband is with Brevard Engineering.

4 large cans frozen orange juice
4 large cans frozen pineapple juice
4 large cans frozen grapefruit juice
4 qt. ginger ale
2 large bottles cranberry juice
2 (10 oz.) bottles cherries
1/2 gal. pineapple or raspberry sherbet (or bourbon may be added)

Mix all together.

RUSSIAN TEA

Thank you, Mrs. Joseph Schertz, whose husband is with NASA at K. S. C.

2 qt. strong tea
2 c. sugar
12 whole cloves
3 oranges
2 lemons
1 qt. water

Boil rinds and juice of lemons and oranges in water with cloves for 5 minutes. Strain, add sugar, juice, and tea. This will serve 18 - 20. Serve very hot.

HOT SPICED PERCOLATOR PUNCH

Mrs. Paul Gauger contributed this cold weather favorite. Her husband is a Design Engineer with NASA. During shots, he also serves as a speaker with Public Relations.

HOT SPICED PERCOLATOR PUNCH (Continued)

9 c. unsweetened pineapple juice
4 1/2 c. water
4 1/4 tsp. whole cloves
9 c. cranberry juice cocktail
1 c. brown sugar
4 cinnamon sticks, broken
1/4 tsp. salt

Combine all ingredients except cloves, cinnamon, and salt in an automatic percolator. Place cloves, cinnamon, and salt in basket. Allow to go through perk cycle. Serve piping hot.

Makes 30 cups.

CORONA PUNCH

From Mrs. James W. Dalton, whose husband is an Engineer with NASA at the Cape, in Program Management.

2 (12 oz.) cans frozen concentrate lemonade
2 (12 oz.) cans frozen concentrate orange juice
1 (6 oz.) can frozen concentrate grape juice
1 Tbsp. reconstituted lemon juice

Mix and chill. Just before serving, add 2 (32 ounce) bottles ginger ale, chilled. Makes 2 gallons of tangy fruit cocktail.

TEA PUNCH

Mrs. Arthur Scholz, whose husband is with the Boeing Company

3 c. orange juice
1 c. lemon juice
1 c. pineapple juice
1 c. raspberry syrup
1 1/2 c. strong hot tea
1 1/4 c. sugar
1 c. hot water
1 qt. charged water

Mix fruit juices, syrup, and tea. Boil sugar and water for 5 minutes. Combine. Chill. Before serving, add charged water, and pour over block of ice in punch bowl. Add slices of oranges if desired. Serves 30.

PARTY PUNCH — Mrs. Arthur Scholz (Boeing)

2 pkg. jello, fruit flavored

Dissolve in 4 cups hot water.

PARTY PUNCH (Continued)

1 large can pineapple juice
1 large can apple juice
2 small cans frozen lemonade
2 c. sugar, cooked in 4 c. hot water until dissolved
1 gal. water

Cool sugar mixture and jello mixture, add juices and water. Pour over block of ice in punch bowl. Add ginger ale or 7-Up before serving. Sherbet and slices of oranges, strawberries, etc., can be added. Apricot nectar, orange juice (frozen) can also be added.

PINEAPPLE PUNCH Mrs. Carl Eschels (Retired from NASA)

1/2 c. sugar
1 1/2 c. water
4 sticks cinnamon
12 cloves
1 (46 oz.) can pineapple juice
1 1/2 c. canned or fresh orange juice
1/2 c. lemon juice

This punch is unusual in flavor, but easy to make. Simmer sugar, water, cinnamon and cloves for about 30 minutes. Strain and add pineapple, orange and lemon juices. Pour over ice or frozen pineapple juice cubes. Makes about 2 quarts.

BANANA CRUSH

This is a special of Mrs. and Mrs. James Lampman. He is with General Electric Management Staff and was located here at the Cape. They are now in Virginia.

Syrup:

4 c. sugar
6 c. water

Boil 2 minutes and cool. Mix:

Juice of 5 oranges
Juice of 2 lemons
1 (46 oz.) can pineapple juice
5 bananas, prepared to puree in blender

Add all together. Freeze. Serve, preparing half of crush and half of 7-Up.

CHILE CON QUESO

Mrs. Lyndon B. Johnson contributes this typical Texas recipe from Stonewall, Texas.

To 1/2 can tomatoes and green chili peppers, add 1/2 pound pasteurized cheese, which has been melted in a double boiler. Mix together. Serve as a dip for potato or corn chips, or use as a spread on toast, crackers, sandwiches, hamburger buns. May be used as a filling for hard boiled eggs, or celery hearts. May be poured over any corn chips or broken toasted tortillas and served while warm. Try it as a flavoring ingredient in your own recipes.

CHILI DIP

Mrs. D. F. Parker, whose husband is with McDonnell Douglas in Long Beach, California, sent us this dip with a South of the Border tinge.

2 cans Hormel chili (without beans)
1 large can diced chilies
1 large and 1 small pkg. Velveeta cheese
1 bunch green onions, chopped (whites, too)
1 can chopped olives (opt.)

Mix together, bake at 350° for 1 hour. Dip will be thin when taken from oven, but will thicken as it cools.

FLO'S FURY

Mrs. Ralph Ross, whose husband is retired from the Air Force.

1 can tomato soup
1 pkg. lemon jello
3 - 4 finely chopped green onions
1/2 c. finely chopped green pepper
1 (8 oz.) pkg. cream cheese
1/2 c. salad dressing
1/2 c. or 4 oz. can chopped pimiento
Salt and pepper to taste

Heat soup and jello, and when cool, add all other ingredients. Mold and chill. Serve with Fritos, crackers, or potato chips. Can be made days ahead and also freezes well. Some of the green onion tops chopped and added give a nice taste. Do not put vegetables through meat grinder or blender, or bitterness will result.

EL DORADO DIP

From Mrs. Edwin W. Stiles of New Jersey, visitor to the Space Coast.

2 c. mayonnaise
1 tsp. curry (or more)
1 tsp. each: lemon juice, Worcestershire sauce, A.1. sauce
1/2 tsp. celery salt
Dash of Tabasco sauce
Dash of pepper

Blend. Serve with fresh raw vegetables: Green pepper, celery, carrots, cauliflower, green onions, radishes, cherry tomatoes.

"RED HOT" CHEESE DIP

Mrs. Ralph Swanson. He is with IBM at the Cape.

1 can tomatoes with chili peppers
1 lb. Velveeta cheese

Mix together and stir in chafing dish. Add to taste, a pinch of Tabasco sauce. This is best if served with Fritos as dips because potato chips break so easily and this gets thicker and thicker as it simmers. She says, "Incidentally, you'll find the men all gather around the chafing dish, and you can't pry them away from it".

CAVIAR DUNK

One of the favorites of Mrs. Stan Adams. Mr. Adams is with Boeing.

1 c. sour cream
1 (3 oz.) pkg. cream cheese
1 jar red caviar
1 Tbsp. grated onion
1 Tbsp. lemon juice

Soften cheese and beat well with sour cream, onion juice, lemon juice. Add caviar carefully and mix gently so as not to break cavair. Serve with unsalted crackers or Melba toast.

SHERRY CHEESE SPREAD

Mrs. Harold Robinson (All World Travel of Indialantic)

1 lb. Cheddar cheese, shredded
1/2 lb. Bleu cheese, crumbled
1/4 c. soft butter
1/2 c. sherry
1 Tbsp. Worcestershire sauce
1 tsp. prepared mustard
Dash of Tabasco sauce, garlic salt, to taste

SHERRY CHEESE SPREAD (Continued)

Have cheeses at room temperature. Blend the first three ingredients together well. Gradually beat in wine. Add Worcestershire sauce, mustard, Tabasco sauce, and garlic salt, beating all well until smooth and fluffy. Makes 5 cups.

ROQUEFORT COGNAC SPREAD Mrs. Harold R. Robinson

Beat:
2 Tbsp. butter
1/2 lb. cream cheese

Beat into 1 pound Roquefort cheese, mashed well. Cream well until smooth. Add 1/4 cup cognac, beating continually while adding.

HOT PECAN DIP

Thanks to Mrs. Edgar Cortright, whose husband is Director, Langley Center, Hampton, Va., for this unusual recipe - "Crazy combination, but gets raving comments".

1/2 c. chopped pecans, put in blender
2 Tbsp. butter
1 (8 oz.) pkg. cream cheese
2 Tbsp. milk
1 (2 oz.) jar chipped beef, torn up fine
1/4 c. chopped green pepper
1 small onion, grated
1/2 tsp. garlic salt
1 Tbsp. horseradish
1 c. sour cream

Mix butter, cream cheese, and milk with a fork. Mix all together. Put in Pyrex dish, let stand in refrigerator at least 6 hours. Before serving, bake at 350° until bubbly, about 30 minutes. Serve in chafing dish on unsalted Melba rounds.

SPINACH DIP

Mrs. Roy P. Jackson, wife of the Assistant Administrator for Advanced Research and Technology, NASA, Washington, D.C.

This is a large recipe -- good for a cocktail party of some size. If any is left over, put it in lemon jello made with 1 cup of boiling water -- making the 2 cups with the leftover dip. Cook 1 package frozen chopped spinach until just barely cooked. Drain in a colander to remove excess water.

SPINACH DIP (Continued)

Add:

2 c. mayonnaise (Best Foods)
2 Tbsp. grated onion
1/2 tsp. salt and pepper
1/2 c. finely chopped fresh parsley leaves (no stems, please)

Refrigerate. Serve with Fritos, or potato chips.

QUICK AND EASY

This is an excellent dip to serve to the unexpected V. I. P.'s who drop in. One can actually say "No trouble at all" and smile. Mrs. Chadwick Henry (spectator) contributed it.

1 pkg. cream cheese
2 Tbsp. Worcestershire sauce
Potato chips or Fritos

Make an indentation in the cheese, pour on the Worcestershire sauce, and serve. It is just as good as it is easy.

HOT CRABMEAT DIP

Mrs. Harold Hoyt gave us this recipe from Mrs. Tamsin Hoyt. Her husband is retired from General Motors.

1 can crabmeat
1 (8 oz.) pkg. Philadelphia cream cheese
3/4 c. Hellmann's mayonnaise
4 drops Worcestershire sauce
Juice of 1/2 lemon

Combine ingredients, may add 1/4 cup slivered almonds if desired. Put in ovenproof bowl and just before serving, heat in oven for 15 minutes at 350°. May sprinkle a few almonds on top. Do not substitute brand of mayonnaise. Serve with crackers.

CRABMEAT DIP

Another from Mrs. Cortright (Langley Research Center) who recommends it as a salad, too.

1 lb. crabmeat
1/2 c. chopped scallions
1/2 c. pickle relish
1 tsp. salt
1 c. mayonnaise
1/2 c. sour cream

Mix all ingredients. Let stand all day in refrigerator. Serve on Melba toast.

CREAM CHEESE ROLL

Mrs. Gerald Ford. Mr. Ford is Representative from the 5th District of Michigan

2 pkg. cream cheese
1/4 lb. butter
1/2 tsp. onion juice
Salt
Chopped nuts

Cream the cheese with the butter. Add the onion juice and salt. Roll in ground nuts. Sprinkle with paprika. Stand in refrigerator, slice thin and serve with crackers.

PARTY CHEESE BALL

Mrs. W. J. Kapryan, whose husband is Director of Launches, NASA, at the Cape.

1 wedge Blue cheese
2 (8 oz.) pkg. cream cheese
1 (8 oz.) wedge Cracker Barrel sharp cheese, shredded
1 Tbsp. pimiento
1 Tbsp. chopped green pepper
1 finely chopped onion
1 tsp. lemon juice
2 tsp. Worcestershire sauce
Dash of cayenne pepper, pepper and salt

Mix well. Chill. Shape into balls and roll in finely chopped parsley or pecan meal. Makes 2 large balls.

SWEET AND SOUR MEAT BALLS

Mrs. Cliance A. Magee, whose husband is NASA Safety Engineer at Kennedy Space Center sent this. Serves 6 - 8.

Meat Balls: Mix -

1 lb. ground chuck
1 egg
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. finely chopped green pepper
2 Tbsp. finely chopped onion
1 tsp. Worcestershire sauce
1/8 tsp. mustard
Oil for frying

Shape into walnut sized balls. Brown in hot oil quickly, drain. Place in chafing dish.

Sweet and Sour Sauce: Cook over low heat -

1 Tbsp. oil
1 c. pineapple juice

SWEET AND SOUR MEAT BALLS (Continued)

Add to mixture:

3 Tbsp. cornstarch
1 Tbsp. soy sauce
3 Tbsp. white vinegar
6 Tbsp. water
1/2 c. sugar

Stir over low heat constantly until thickened. Add:

Thin slices green pepper
Chunk pineapple
Meat balls

Cook over very low heat about 10 minutes. Serve in chafing dish with colored toothpicks at side for dipping at cocktail parties or serve over rice at buffets.

SWEET AND SOUR MEAT BALLS

Mrs. H. C. Weast says her brother, Astronaut Michael Collins, enjoys these hors d'oeuvres when he visits them. We thank you, Viechi. Her husband is retired from the Navy.

2 lb. ground round steak
1/2 c. milk
1 slice day old bread
1 egg
2 tsp. salt, dash of pepper, big dash of garlic powder

Mix and make into walnut sized balls. In skillet, heat 2 tablespoons peanut or safflower oil. Roll balls into hot oil, shaking pan to avoid sticking. Cook just enough to brown.

Sauce:

1 can beef bouillon
1 can pineapple chunks, drained (reserve liquid)
1/2 c. sugar
2 Tbsp. soy sauce
1/4 c. wine vinegar
1/2 c. chopped green pepper
1/2 tsp. salt
1 tsp. Accent

Simmer about 15 minutes. Mix 2 tablespoons cornstarch into pineapple juice. Slowly stir into simmering sauce. Cook 3 - 5 more minutes, until smooth and thickened. Add meat balls. Serve in chafing dish.

SPEEDY SWEDISH MEAT BALLS

Mrs. Leonard Jaffe, wife of the Assistant Administrator, Space Science and Applications, with NASA in Washington, sent us this.

2 lb. lean ground meat
1 jar chili sauce
1/2 jar water
8 oz. jar grape jelly

Make meat balls the size of walnuts, according to your favorite recipe. Combine remaining ingredients in pot. Add meat balls and cook 45 minutes.

APPETIZER SATELLITE BALLS

Mrs. Donald W. Dix, whose husband is with Southern Bell Telephone Co.

1 lb. ground ham
1 lb. ground pork
3/4 c. wheat germ
1/2 c. milk
1/4 c. finely chopped onion
2 eggs
1/2 tsp. salt
1/2 tsp. dry mustard

Combine all ingredients. Mix well. Shape into balls, using about a tablespoonful of the mixture for each. Place in lightly greased shallow baking pan. Bake at 400° for 25 - 30 minutes. Serve with Pineapple-Orange Sauce:

1 (13 1/2 oz.) can pineapple tidbits
1/3 c. vinegar
1 tsp. soy sauce
1/3 c. brown sugar
2 Tbsp. cornstarch
1/2 c. orange marmalade

Drain pineapple, reserving syrup. Add enough water to syrup to make 1 cup. Combine syrup, vinegar, soy sauce, brown sugar, and cornstarch in medium saucepan. Mix well. Heat over medium heat until clear and thickened. Add pineapple and marmalade. Heat thoroughly and pour over meat balls.

Entire recipe may be made ahead of time and heated in the oven. Serve with toothpicks for appetizers or on rice for a main dish.

MARINATED MUSHROOMS

Mr. and Mrs. Ralph Ross (retired Air Force).

2 (4 oz.) cans sliced mushrooms
1 (14 oz.) can artichoke hearts, cut up

MARINATED MUSHROOMS (Continued)

1 (7 oz.) can baby carrots
2 Tbsp. sugar
1 tsp. Italian seasoning
2 Tbsp. chopped pimiento
2/3 c. white vinegar
1 tsp. salt
1/8 tsp. pepper
1 clove garlic
1/4 minced onion

Drain all vegetables and pimiento. Boil all remaining ingredients and pour over vegetables. Cover and refrigerate 12 hours. Makes 1 quart.

COCKTAIL SHRIMP

Mrs. Harold Robinson, whose husband has the All World Travel of Indialantic.

In large bowl:

1 c. vinegar
1 c. oil
1 jar French capers
Tabasco sauce
2 Tbsp. celery seed
1 - 2 lb. shrimp
3 - 4 onions, sliced in rings

Cover and refrigerate overnight. Serve with cocktail forks on crisp saltines.

PARTY FAVORITE HORS D'OEUVRES

From Mrs. Arnold Gaillard, whose husband is with the Boeing Company, and was the Chief Test Conductor with Saturn.

1 box fresh mushrooms
1 can black olives
1 can artichoke hearts
1 bottle Good Seasons Italian dressing

Wash and slice mushrooms. Drain artichoke hearts and olives. Place all in serving dish. Mix 1 bottle Good Seasons Italian dressing, using red wine vinegar. Pour over all and refrigerate 2 - 3 hours. Serve with toothpicks.

TEA SANDWICHES

This is from Mrs. Clayton F. Schmyser, whose son is with Chrysler Space Division, Saturn 1B Skylab. She says these make excellent cocktail snacks, too.

TEA SANDWICHES (Continued)

Soften 2 (3 ounce) packages cream cheese. Add:

2 Tbsp. Roquefort or Blue cheese, crumbled
1/2 c. finely chopped nuts (pecans)
1/4 tsp. grated onion
1/2 tsp. Worcestershire sauce
1/4 tsp. salt
1/3 c. mayonnaise

Mix well. Chill. Makes 1 1/3 cups. Spread on lightly buttered bread rounds. Use Arnold's white diet sliced bread or any extra thinly sliced bread.

SHRIMP CANAPE Mr. and Mrs. A. M. Thomson (I. B. M.)

1 c. mayonnaise
1/2 c. shredded sharp cheese
1/2 lb. cooked, ready to go shrimp
Bread

Arrange shrimp on bread. Mix mayonnaise and cheese, and place a daub of this mixture on the shrimp. Bake in 350° oven to 400° oven until it bubbles up. Serve hot.

HAM STICKS

Another easy one to have on hand and fix quickly. Mrs. A. V. Dishman.

1 pkg. pie crust mix
1 can deviled ham

Make pie crust according to package, roll out in large rectangle. Spread half with deviled ham, fold over the other half. Press together with a rolling pin. Cut in sticks 1x2 inches. Place on cookie sheet and bake in medium oven until golden. Will keep in can in the refrigerator.

SAUSAGE ROLLS

Mrs. Stan Connold, whose husband is with the British Navy, was stationed in Charleston and came to the Cape for all launches from the British submarine.

Roll out short crust pastry fairly thin, dividing it into long strips about 4 inches wide. Place all the way down the center, long strips of pork sausage meat, which is then sealed into the pastry, either by brushing the edges of the pastry with milk or beaten egg yolk.

SAUSAGE ROLLS (Continued)

This makes 3 - 4 long strips which are then divided into bite sizes, placed on baking sheets, brushed with a little beaten egg yolk, and baked in 400° oven for 25 minutes, or until golden. Very tasty as a cocktail snack, hot or even cold for picnics.

OUT-OF-THIS-WORLD TUNA PUFFS

Mrs. Leonard Jaffe (NASA, Washington), sent this one, too.

1 small can tuna
1/2 c. grated Cheddar cheese
1/3 c. mayonnaise
1/2 medium onion, chopped
1 stalk celery, finely chopped
Several drops of Tabasco sauce, to taste
Party Pepperidge Farm rolls

Mix first six ingredients. Slice rolls in halves, place mound of mixture on each half. Bake in preheated oven (350°) 7 - 12 minutes, until brown. Use ungreased cookie sheet. Makes approximately 20 puffs. Would be delicious served with soup or salad, too.

HOT OLIVE CHEESE PUFFS

Mrs. Arthur Scholz (Arthur is with Boeing).

Blend 1 cup grated Cheddar cheese with 3 scant tablespoons butter or oleo. Stir in:

1/2 c. flour
1/4 tsp. salt
1/2 tsp. paprika
1/2 tsp. baking powder

Mix well. Wrap approximately 1 teaspoonful of cheese dough around each of 24 stuffed olives, completely covering olive. Bake at 400° for 10 - 15 minutes, or until golden brown. Serve hot. Except for baking, these can be made up well in advance.

ASPARAGUS ROLL

Contributed by Mr. and Mrs. Owen J. Nichols. He is Chief Engineer with Saturn Program, the Boeing Company. Serves 6.

1 (8 oz.) pkg. cream cheese
5 slices crisp, cooked bacon, crumbled
1 loaf fresh thin sliced bread
1 (No. 2) can asparagus, drained well
Melted butter

ASPARAGUS ROLL (Continued)

Mix together, cheese and bacon. Trim crust from bread and flatten each slice with a rolling pin. Spread with cheese mixture and roll 1 spear of asparagus in each slice. Brush with melted butter and toast under broiler. (May be frozen before toasting, and toasted as needed.)

ANGELS ON HORSEBACK

Another favorite of the Owen Nichols' (Boeing).

1 pt. select oysters
12 slices bacon
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. paprika
2 Tbsp. parsley

Drain oysters and lay each oyster across half a slice of bacon. Sprinkle with seasonings and chopped parsley. Roll bacon around oyster and fasten with a toothpick. Place oysters on a rack in a shallow baking pan and bake in hot oven (450°) for about 10 minutes, or until bacon is crisp. Remove toothpicks to serve.

RUMAKI

This is from Mrs. John Mace, whose husband is with NASA at Cape Kennedy.

Combine in a bowl:

1/3 c. soy sauce
1/4 tsp. ground ginger
1/4 tsp. curry powder

Add 1/2 pound chicken livers, halved. Allow 1/2 slice of bacon for each liver half and add to mixture. Marinate about 4 hours. Remove and drain. Hold each piece of liver and a thin slice of water chestnut and wrap with a bacon slice. Secure with a toothpick and place on foil lined shallow pan. Broil, turning once, until bacon is cooked and crisp. This makes about 20.

CURRIED NUTS

Mrs. Harold Robinson (All World Travel of Indialantic).

1 lb. walnut halves (or peanuts)
2 Tbsp. curry
1 Tbsp. ginger
2 Tbsp. brown sugar
1/4 stick butter
1/4 c. peanut oil

CURRIED NUTS (Continued)

Melt butter and oil in stainless steel pan. Add curry, ginger, and brown sugar. Mix until all melted and turn off heat (do not let brown). Add nuts and stir and stir with wooden spoon until coated. Put nuts on cookie sheet covered with paper towels and put in oven that has been heated to 350° and shut off. Allow to dry out about 10 minutes, or until crispy, salt lightly, and cool. Store in tightly covered glass jars.

SPECIAL PEANUTS

Mrs. Addison Dishman's recipe that induced the Cocoa Beach Woman's Club to fix 100 pounds of these for sale in 1971, and again in 1972.

Raw peanuts, in the shell,
any amount desired

Shell peanuts. Pour boiling water over them until skins slip off easily. Pour off water, skin (blanch) and let dry. Heat peanut oil or any good salad oil to medium heat on stove or in deep fryer (about 3 inches deep). When the oil bubbles around 1 peanut, it is hot enough. Put in 3 tablespoons of the peanuts. Cook until light golden. Remove with slotted spoon or basket onto paper towels. Sprinkle with salt. Test one when cooled to be sure it is cooked through. Peanuts vary in dryness and size, so the taste test is best. Keep in can if you can.

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Hot soup when the weather's cold,
And cold soup when it's hot,
Whatever the reason,
Whatever the season,
It always hits the spot.

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VICHYSSOISE

General J. H. Doolittle writes, "I'm the type that rustles firewood, carries water, and washes dishes while some "pro" does the cooking. My wife of 55 years is a superb cook, so I'm having her include a recipe of one of her Vichyssoise which I particularly like."

VICHYSSOISE (Continued)

To the white part of 4 - 5 leeks, finely sliced, add 1/2 cup finely sliced white onion and saute in 1/4 cup butter until transparent. Put into Pyrex, earthenware or enamel container. Add:

5 medium potatoes
1 carrot
1 stalk celery
1 tsp. salt

Cook the carrot and potatoes until soft. Cool. Place in blender and puree or sieve. Add milk or cream until proper consistency for serving. Pour into cups and top with finely chopped chives. Serve very, very cold.

MURIEL HUMPHREY'S RECIPE FOR BEEF SOUP

Senator Hubert H. Humphrey writes that "this is one of their favorites, and ought to qualify for one of the "down to earth recipes."

1 1/2 lb. stew beef or chuck
1 soup bone
2 bay leaves
Salt and pepper
1/2 c. chopped onions
1 c. chopped celery
1 c. chopped cabbage
4 - 5 medium carrots, sliced
Pinch of oregano
1 (No. 2) can Italian style tomatoes
1 Tbsp. Worcestershire sauce
1 beef bouillon cube

Cover beef or chuck and 1 soup bone with cold water in a 3 quart saucepan. Add salt, pepper and 2 bay leaves. Heat to bubbly stage. Turn heat low and add onions, celery and cabbage, carrots, and oregano. Simmer at least 2 1/2 hours, or until meat is very tender. Remove bone and bay leaves, and cut meat into bite sized pieces. Add tomatoes, Worcestershire sauce, and beef bouillon cube. Simmer for 1/2 hour longer, and serve.

SENATE BEAN SOUP

Mrs. Jack Miller, wife of the Senator from Iowa, gives this recipe as served in the Capitol.

2 lb. small navy beans
1 1/2 lb. smoked hamhocks
1 onion, chopped
1 Tbsp. butter
Salt and pepper to taste

Wash and run the beans through hot water until beans are white again. Drain. Boil beans and hamhocks, slowly, in 4

SENATE BEAN SOUP (Continued)

quarts of hot water for approximately 3 hours, in covered pot. Saute chopped onion in butter until light brown and add to soup. Season with salt and pepper to taste. Serves 8.

STEAK SOUP

Contributed by Mrs. Donald Jacoby, whose husband is Branch Manager of I. B. M., Orlando.

1 lb. chopped steak
1 1/2 sticks oleo
1 c. flour
8 c. boiling water
1 large can tomatoes
1 c. chopped carrots
1 c. chopped celery
1 c. chopped onion
2 pkg. frozen mixed vegetables
2 Tbsp. steak base or Bisto
Salt to taste

Make paste of flour and oleo. Add boiling water and tomatoes. Cook beef lightly, not browned. Pour off fat. Add to liquid mixture. Add rest of ingredients and simmer 1 hour. Even better after being frozen.

MUSHROOM VEGETABLE SOUP — Mrs. William H. Stone

(28 calories per portion. Serves 8. Time: 13 minutes.)

2 (10 1/2 oz.) cans beef broth
2 cans water
2 carrots, cut into very thin julienne strips
1 tomato, diced (or 2)
2 tsp. Worcestershire sauce
1/4 lb. fresh spinach, chopped (or 1 pkg. frozen chopped spinach)
1/4 lb. fresh mushrooms, sliced

In medium saucepan, combine broth, water, carrot and spinach. Bring to boiling point, reduce heat, cover and simmer 5 - 8 minutes. Add mushrooms, tomato and Worcestershire sauce. Cover and simmer 5 minutes longer. Serve with fresh fruit (pineapple, Cheddar cheese, and French bread).

PERIWINKLE CREAM SOUP

A typical Space Coast Recipe. This is made from those pastel colored little shell fish that in certain seasons abound on the Space Coast.

Sift the wet sand at the ocean's edge until you have 8 quarts of Periwinkles (the shell fish). Wash well with fresh water, place in a large pan, cover with cold water, and put on medium heat. Cover, and bring to a slow boil, simmer for 20 minutes. Remove from the fire, and strain, saving all of the juice. Let it cool. Make a roux from 5 tablespoons of butter and 2 tablespoons of flour. Add alternately, the broth and milk in equal amounts. Continue to simmer. Add a cup of heavy cream or evaporated milk. Salt to taste, if necessary. Keep just under boil. Serve.

QUICK CLAM CHOWDER

Mrs. Dale D. Myers, wife of Assistant Administrator, Manned Space Flight, NASA, Washington, D.C.

4 - 5 slices bacon
1 onion, chopped
1 can minced clams
1 can water
1 (2 1/2 oz.) pkg. instant mashed potatoes
1 qt. milk
Salt and pepper

Dice bacon and onion, and fry until bacon is cooked. Add clams and equal amount of water. Stir in potatoes until all liquid is absorbed. Gradually add milk and bring to just under boiling. Season to taste.

DORIS PARSON'S SEAFOOD GUMBO

This favorite of the W. N. Parsons (he is Technical Liason Supervisor with the Boeing Company), is great served with a crisp salad, French bread, and a fruit dessert.

2 slices bacon
Small piece of smoke ham
4 rounded Tbsp. flour
1 large onion, chopped
1 small green pepper, chopped
1/2 tsp. lemon juice
3 garlic buds
Dash each of: Tabasco sauce, Worcestershire sauce and thyme
2 lb. shrimp
1 lb. or 2 cans crabmeat
1 can or 1 pkg. frozen okra
1 can tomatoes
Parsley and onion tops
1 bay leaf
Salt to taste

DORIS PARSON'S SEAFOOD GUMBO (Continued)

Use bacon fat to make a scorchy tasting roux. (Browned.) Add the onion, garlic, green pepper, and fry until well browned. Add enough tomatoes and water to make sauce soupy. Add okra and cook about 20 minutes. Add shrimp and crab, and ham, cut into pieces. Before serving on mounds of steamed rice, in soup plates, add chopped onion tops and parsley. Serves 8.

COLETTE'S SOUPE A L'ONION

Colette is the French born wife of Lt. Col. Don Alford, who flew the helicopter at the Cape to rescue the astronauts should they need it. He also flew with the group that flew the two helicopters non-stop across the Atlantic to France.

The stock must be prepared at least 1 day ahead. The onions can be browned and the cheese grated several hours ahead, so that only all the ingredients are put together at the last minute.

Stock:

5 qt. cold water
2 - 3 lb. chuck or shoulder roast
1 kunckle bone sawed in 4 pieces
1 large onion stuck with cloves
1 bay leaf
1 tsp. ground thyme
6 - 8 carrots
2 leeks (or 2 turnips)
Parsley
Salt and pepper

Wash meat and bones under cold water. Put them in large pot and cover with water. Bring to a boil. Remove the scum. Turn heat to low, add salt, pepper and vegetables, and herbs, tied in a bouquet. Cover and simmer for at least 5 hours. Strain the broth and refrigerate. The fat will solidify on the surface and will be easy to remove. (The broth can be kept in the refrigerator for several days.)

Onions:

1 stick butter or margarine
1 Tbsp. vegetable oil
3 lb. onions, sliced thin

In a heavy saucepan or skillet, melt butter and oil. Stir in onions until golden brown. (Do not try to brown all the onions at once.) Put brown onions in colander so fat can be drained. Set aside.

COLETTE'S SOUPE A L'ONION (Continued)

Slice a loaf of French bread -- old or dry bread is best. Spread on a baking sheet in oven (350°) until completely dry and light brown.

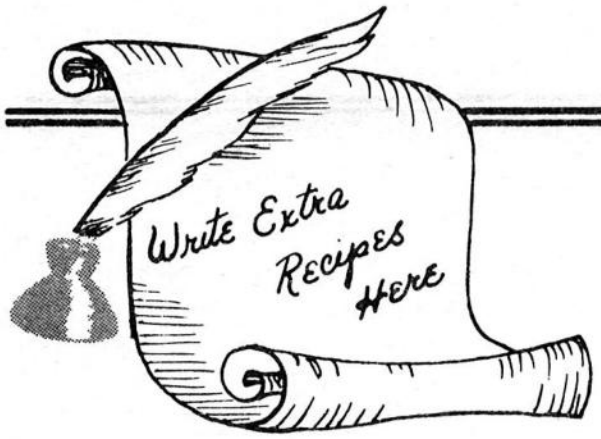
Grate 2 (8 ounce) packages of natural Swiss cheese. Heat the stock. In a large ovenproof tureen (any large pan at least 6 inches deep will do), arrange a layer of bread, sprinkle onions over bread, and grated cheese over onions. Repeat once or twice according to depth of tureen. Gently pour the hot stock over bread, onions, and cheese. Sprinkle top heavily with grated cheese. Set in oven (375°-400°) until it bubbles. Just before serving, slide under broiler to brown top. (You may have to "cut" the soup like a pie in order to serve equal amounts of "top" to everyone.)

CREAM SENEGALESE SOUP

Mrs. James S. McDonnell, whose husband is President of McDonnell Douglas Corporation, and a Space Booster, sent us this soup which may be served hot or cold. She says it is "very good for tense moments during a shoot". Enough for 6.

2 raw apples, peeled and quartered
2 stalks celery, chopped
2 onions, chopped
1 Tbsp. curry
1 Tbsp. flour

Mix flour and curry with cream to make paste. Brown apples, celery and onion in butter. Add curry and flour mixture. Simmer for 5 minutes. Add 1/2 gallon of chicken broth, and cook all for 40 minutes. Strain all (variation: My daughter puts all in blender at this point), and when cold, add 1 pint of light cream, some finely chopped chicken (about 1/2 teaspoonful to a serving). Salt to taste.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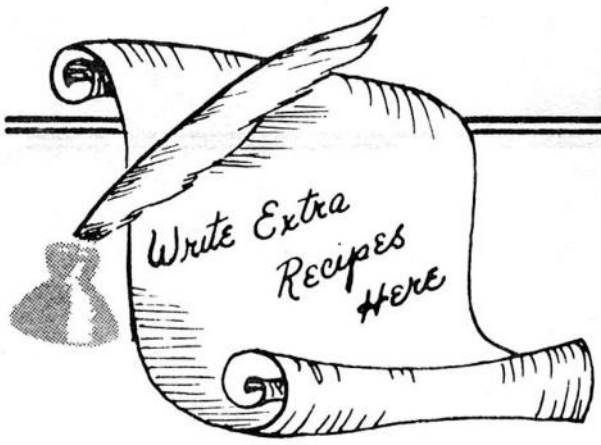
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Salads full of summer fruit,
Or crisp as an autumn day,
Hearty as a winter's luncheon,
Or as light and fresh as May.

****

AVOCADO SALAD

Mrs. Richard M. Nixon, wife of the President.

Mash 2 medium sized avocados. Stir into slightly thickened lemon gelatin base, made with:

1 pkg. lemon gelatin
1 1/2 c. hot water
3 Tbsp. lemon juice

Stir in 1 can (2 1/2 size) of grapefruit sections, drained, and 1/2 cup chopped celery. Chill and unmold. Serve with a whipped cream and mayonnaise mixture. (Fresh grapefruit must be thoroughly drained or may be difficult to gel.)

BROCCOLI SALAD

Mrs. Charles Conrad, Jr., wife of our Astronaut who made Gemini 5 flight, August 21, 1965, and the Apollo 12 flight, November 14, 1969, contributed this unusual recipe.

2 pkg. chopped frozen broccoli
4 hard boiled eggs, chopped
3/4 c. Hellmann's mayonnaise
1 envelope plain gelatin
1 can condensed consomme
3/4 tsp. salt
2 tsp. lemon juice
4 tsp. Worcestershire sauce

Cook and drain broccoli, mix with chopped eggs. Heat consomme, melt gelatin in 2 tablespoons water, add to consomme, stir until dissolved. Add mayonnaise and seasonings. Pour over broccoli and eggs. Mix well. Pour into well oiled mold (may be oiled with mayonnaise). Chill until firm. Serves 10.

WHITE CHRISTMAS SALAD

This is a favorite of Mr. and Mrs. Errett P. Scrivner. He was a member of the Appropriations Committee of the United States House of Representatives, which made the dollars available

WHITE CHRISTMAS SALAD (Continued)

for Cape Canaveral, from the very time it ceased to be part of the Navy, when the launches were super-secret military, and before the days of NASA and Cape Kennedy.

Make basic lemon gelatin according to recipe on box of unflavored gelatin, to serve 8. When gelatin is slightly set, whip until light and frothy. Fold in the following:

1 c. pineapple tidbits, drained
1 c. sliced ripe bananas
2 Tbsp. lemon juice over bananas
1 c. white cherries, seeded
3/4 c. almonds, ground fine
12 marshmallows, cut small
1/2 pt. whipped cream

Mold in an 8x12x2 inch glass pan. Cut in squares, serve on lettuce leaf. Top with salad dressing to which has been added:

1 Tbsp. cream
1 level tsp. sugar
1 Tbsp. lemon juice

Serves 12.

CHERRY SALAD SUPREME

Mrs. G. W. Lott says this will serve 12. Her husband is with NASA as Chief Administrator with the Operation Branch.

First Layer:

1 (3 oz.) pkg. raspberry gelatin
1 c. boiling water
1 (21 oz.) can cherry pie filling

Mix. Turn into 9x9x2 inch pan.

Second Layer:

1 (3 oz.) pkg. lemon gelatin
1 c. boiling water
1 (3 oz.) cream cheese, beaten with 1/3 c. mayonnaise
1 (8 3/4 oz.) can crushed pineapple
1 c. tiny marshmallows
1/2 c. cream, whipped

Mix all together. When first layer is set, pour this on top. Top with 2 tablespoons nuts.

RED VELVET SALAD — Mrs. Arthur Scholz (Boeing)

1 pkg. raspberry gelatin
1 lb. marshmallows
1 c. salad dressing
1 c. crushed pineapple
1 pkg. lemon jello
1 large pkg. cream cheese
1/2 c. whipped cream

Fix lemon gelatin with 1 cup boiling water, add marshmallows to melt. When cool, add rest of the ingredients except raspberry gelatin, folding in whipped cream. When partially set up, fix raspberry gelatin according to directions on box and add on top of other gelatin mixture. Cut in squares and serve on lettuce leaf. This fits a pan 9 1/4 x 3 x 2 inches and is a colorful salad for Christmas or Thanksgiving.

CRANBERRY "HOME TOUR" SALAD

This salad of Mrs. Addison Dishman's (whose husband retired from Pan American at the Cape), was served at the 1972 Home Tour of the Cocoa Beach Woman's Club.

2 pkg. lemon gelatin
1/2 c. water, boiling
1 can jellied cranberry sauce
1 can frozen orange juice
3 apples, peeled, diced
1/2 c. pecan pieces

Add jello to boiling water, stir until dissolved. Add cranberry sauce and stir until melted, add frozen orange juice, stir. When it begins to congeal, add apples and pecans. Pour into mold and chill until firm.

SEAFOAM SALAD MOLD

From Mrs. W. M. Lohse. Mr. Lohse is Procurement Officer with NASA at the Cape.

1 pkg. lime gelatin
1 scant c. boiling water

Stir well, add a touch of cold water, and allow to congeal slightly. Whip. Combine and cook gently for 5 minutes:

1 small can crushed pineapple
1/4 - 1/2 c. sugar
Juice of 1 lemon

Cool and add to whipped gelatin together with 2/3 cup cottage cheese and 1/2 pint whipped cream. Pour into mold. Chill. Serves 6 - 8. In humid weather, add a bit of Knox gelatine.

BLUEBERRY SALAD — Mrs. Ralph Ross

1 pkg. raspberry gelatin
1 small can crushed pineapple
1 can blueberries
1 pkg. Dream Whip

Drain fruit -- reserve liquid. Mix gelatin in 1 cup boiling water. When dissolved, add 1/2 cup pineapple juice and enough blueberry juice to make 3/4 cup liquid. When gelatin mixture is slightly congealed, add fruit. Let thicken, then fold in Dream Whip. Mold and keep refrigerated until served. Serves 6 - 8.

SPRINGTIME SALAD — Mrs. Jack Miller

1 pkg. lime gelatin
1 pt. warm water
2 tsp. salt
4 stuffed olives, thinly sliced
1 cut tart apple, pared, sliced
1 c. cabbage, finely shredded

Dissolve gelatin in warm water, add salt and chill. Decorate mold with the sliced olives. When gelatin is slightly thickened, fold in apples and cabbage. Turn into mold and chill until firm. Serve on crisp lettuce with following mayonnaise. Serves 6 - 8.

Mayonnaise Dressing:

2 eggs
1/2 tsp. salt
1 c. vinegar
1 can Eagle Brand milk, condensed

Whip eggs and salt until frothy and stiff, add to milk and vinegar, and whip until stiff. (A little mustard may be added if desired.)

DUET DELIGHT

A very pretty salad from Mrs. Leonard Jaffe. Her husband is Assistant Administrator for Space Science and Applications, NASA, Washington, D. C.

2 pkg. orange gelatin
2 c. hot water
1 pt. orange sherbet
1 can Mandarin oranges

Dissolve jello in water. Add sherbet, stir until melted. Add drained oranges. Pour into ring mold and chill. Unmold.

DUET DELIGHT (Continued)

Fill center with following:

1 can drained Mandarin oranges
1 small can drained pineapple chunks
1 c. miniature marshmallows
1 c. flaked coconut
1 c. sour cream

Combine all ingredients. Chill overnight.

ROQUEFORT CHEESE RING

From Mr. and Mrs. John Mace (NASA) comes this salad which serves 10.

2 pkg. lemon flavored gelatin
2 c. hot water
Juice of 1 lemon
1 can crushed pineapple, drained (may be omitted)
1/2 pt. whipping cream
2 (3 oz.) pkg. cream cheese
1 large point (about 6 oz. size) of Roquefort or Bleu cheese

Dissolve gelatin in hot water, add lemon juice. Chill until very thick. Mash cheese, mix to smooth paste with gelatin mixture. Add drained pineapple. Chill until almost set, fold in whipped cream. Put in large ring mold to congeal. Turn out, surround with lettuce. Fill center with grapefruit or any combination of fruits. Serve with "Poppyseed Dressing".

ORANGE SALAD — Mrs. Robert Prentice

1 can applesauce
1 pkg. lemon gelatin
1 small bottle 7-Up
1 can Mandarin oranges

Heat applesauce, dissolve gelatin in sauce and cool slightly. Add 7-Up and oranges, pour into mold. Refrigerate until congealed.

LIME - COTTAGE CHEESE MOLD

From Mrs. Frank Hann, whose husband is Director, Financial Management Division, with NASA in Washington, D. C.

1 pkg. lime flavored gelatin
1 c. boiling water
9 oz. crushed pineapple
1 c. cream style cottage cheese
1/2 c. whipped cream
1/4 c. chopped nuts

LIME - COTTAGE CHEESE MOLD (Continued)

Dissolve gelatin in boiling water, using juice from drained pineapple in place of part of water. Chill until slightly thickened. Beat with rotary beater until frothy. Fold in remaining ingredients. Chill until set. Serves 6.

GELATIN PEAR SALAD

Dr. and Mrs. Walter F. Burke, President of McDonnell Douglas Astronautics Company in Huntington Beach, California, sent this as one of their favorites.

1 small pkg. lime gelatin
1 3/4 c. pear juice (from canned pears)
1 Tbsp. lemon juice
6 oz. cream cheese
1 (No. 3) can pears, drained diced
1 pkg. Dream Whip, prepared
1/2 c. slivered almonds

Heat pear juice, add gelatin and dissolve. Add cream cheese and lemon juice, mix well. Chill. Fold in pears, the Dream Whip, and almonds. Pour into a 9 inch square pan. Freeze, stirring 2 - 3 times.

"ISLAND DELIGHT"

From Mrs. John Mace, whose husband is with NASA at Cape Kennedy.

1 c. crushed pineapple, drained
1 c. sour cream
1/2 c. broken pecans
1/2 c. sugar
1 Tbsp. lemon juice
1 small pkg. frozen strawberries
1 banana, sliced

Blend together and freeze. Serve as dessert or salad.

FIVE CUP SALAD — Mrs. David P. Wilborn

1 c. small marshmallows
1 c. Snowflake coconut
1 c. sour cream
1 c. Mandarin oranges
1 c. pineapple tidbits
1/2 c. pecans (opt.)

Mix. Chill and serve.

PEACH SOUR CREAM FROZEN SALAD

Mrs. Boyd C. Myers, II, sent us 3 recipes for our salad chapter. Her husband is Deputy Assistant Administrator for Administration, NASA, Washington, D. C.

2 small cans crushed pineapple, and juice
3 c. sliced peaches
3 c. (small or large cut) marshmallows
1/4 c. cherries
3 bananas
2 pkg. sour cream
3 Tbsp. mayonnaise
1/4 tsp. almond flavoring (opt.)

Mix. Put in molds, and freeze.

FLORIDA SHRIMP ASPIC

Our Representative Robert Sikes of the First District of Florida, sent us this recipe of his wife's. His own for Venison Stew is under the meats.

1 Tbsp. plain gelatin
1/2 c. cold water
1 can tomato soup
2 pkg. cream cheese
1/2 c. mayonnaise
1 c. chopped celery
3 c. cooked, chopped shrimp
Minced onion and salt to taste

Dissolve gelatin in cold water. Heat tomato soup and add gelatin. Mix in softened cream cheese and allow to cool. Add mayonnaise, celery, shrimp, onion, and salt. Mold, chill, and serve on lettuce. Delicious and pretty. Serves 8.

SEAFOOD TOMATO ASPIC

From Mrs. Thomas Groover, whose husband is with Brevard Engineering, Cape Canaveral, Florida, comes this aspic.

2 envelopes unflavored gelatin
1 (No. 2) can tomato juice
1 c. chopped celery
3 Tbsp. grated onion
1 tsp. salt
1/4 tsp. pepper
1/2 c. sliced olives
1 tsp. lemon juice
1 (7 oz.) can tuna fish or shrimp (leftover broiled or poached fish can be used)

Soften gelatin in 1/2 cup tomato juice. Heat remaining tomato juice to boiling point. Add gelatin mixture and stir until dissolved. Add seafood, celery, onion, olives, salt, pepper and lemon juice. Pour into ring mold or individual molds. Chill until firm.

HOT CRABMEAT SALAD

A favorite of the Malcom Ramsays.

Make white sauce of:

3 Tbsp. butter
3 Tbsp. flour
2 1/2 c. milk
1 Tbsp. curry powder

Cook until thickened, then blend in:

2 c. flaked crabmeat
1 c. chopped celery
4 hard cooked eggs, sliced
2 pimientos, minced
2 tsp. salt

Cover with blanched almonds and bake 35 minutes at 350° in buttered casserole. Serve in crisp lettuce topped with sour cream to which a small amount of curry powder has been added. This may also be served on yellow rice. Serves 6.

SHRIMP SALAD

Mrs. Roy P. Jackson, wife of the Assistant Administrator for Advanced Research and Technology.

1 lb. pkg. spaghetti or salad macaroni, any small pasta
2 small cans sliced olives, drained
1 dozen hard boiled eggs
1 bunch green onions, chopped ends and all
2 cans shrimp (I use freshly cooked and considerably more than this)

Squeeze a lemon or 2 over shrimp. Add sugar and half & half cream to Miracle Whip salad dressing, to make a sweet sauce. Do not mix ingredients, but layer. Dot the dressing over each layer. layer. Sprinkle lightly with salt as you layer:

1. Salad dressing
2. Spaghetti
3. Chopped eggs
4. Shrimp, crumbled if large, whole if tiny
5. Onions
6. Olives

Start over and build salad to top of bowl. Dot with dressing and put in refrigerator. This is best made the day ahead of serving.

WEST INDIES SALAD

Another from Mrs. Thom Jones, who is also one of the main managers of the Space Coast Art Show.

2 lb. crabmeat
1 bunch chopped green onions
1 full c. vinegar
1 c. oil
1 c. maple syrup
1 tsp. sweet basil
1 tsp. oregano
1 bay leaf
Garlic salt to taste

Marinate all ingredients overnight, drain well. Mix juice of 1 lemon with 3 tablespoons mayonnaise and add to crabmeat. This will stuff 12 tomatoes or avocados.

SEAFOOD SALAD

Mr. and Mrs. Robert C. Hock have a 34 foot Hatteras and always have good Florida fish in their freezer. He is Program Director for Skylab and the Russian shot.

1 lb. fish fillet - dolphin, king, halibut, haddock, or flounder
3/4 c. celery, chopped fine
1/3 c. dill pickles, chopped
1/4 c. chopped green pepper
1 onion, chopped fine
1 pimiento, diced
2 fresh tomatoes, sectioned
1/2 c. mayonnaise or salad dressing

Poach the fish in seasoned water over a low heat until it flakes. Mix with other ingredients and serve on lettuce with the tomatoes.

GREEN WONDER SALAD

The late Mrs. Fred E. Waite, whose husband is with Pan American Airways at the Cape, gave us this one.

3 medium white onions, sliced thin
1 can French style seasoned beans
1 1/2 c. sliced celery
1 (No. 303) can Chinese vegetables without meat
1 (No. 303) can garden peas (small LeSeur)
1 (5 oz.) can water chestnuts, sliced thin

Drain all vegetables except Chinese vegetables.

GREEN WONDER SALAD (Continued)

Marinade:

1 c. sugar
1 tsp. salt
3/4 c. cider vinegar
Black pepper if desired

Pour over salad. Will keep for 2 weeks, or longer.

AMISH - DUTCH COLE SLAW

Another of Mrs. Boyd C. Myers, II.

1 lb. drained sauerkraut
1 c. chopped green peppers
1/4 c. chopped onions
1 c. chopped celery
3 Tbsp. vinegar
3/4 c. sugar
1 tsp. celery seed
1/2 tsp. salt
1/8 tsp. pepper

Mix all ingredients together. Refrigerate.

HOT CHICKEN SALAD

Mrs. Boyd C. Myers, II (NASA, Washington, D.C.) recipe would be a delightful switch from cold chicken salad.

2 c. chicken
2 c. celery
1/4 c. slivered almonds
1/4 Tbsp. lemon juice
1 small grated onion
1/2 can undiluted mushroom soup
1/4 c. mayonnaise
1 c. crushed potato chips
1/2 c. grated Cheddar cheese

Mix first 7 ingredients and add salt and pepper to taste. Top with cheese and potato chips. Bake at 400° for 15 minutes.

TACO SALAD

A salad with a Mexican flavor from Mrs. B. L. Tubielewiez, a member of the Cocoa Beach Junior Woman's Club.

1 head lettuce
6 oz. Fritos
1/2 c. grated cheese (mild Cheddar
1 onion, chopped
1 (10 oz.) can tomatoes
1/2 - 1 c. taco sauce
1 lb. ground meat

Brown meat and onions. Add juice from tomatoes, simmer a few minutes. Shred lettuce into salad bowl. Add grated cheese

and taco sauce, and corn chips. Then add hot meat mixture. Toss until mixed. Eat right away. (Taco sauce can be deleted and added by each person.) Serves 6.

CHERRY TOMATOES IN HERB MARINADE

Mrs. O. J. Ritland, whose husband is former Commander, Air Force Ballistics, Missile Division, sent us this from Los Altos, California.

2 baskets cherry tomatoes
Boiling water
1/4 c. red wine vinegar
1/2 tsp. whole basil, crushed
1/4 tsp. whole oregano, crushed
2 Tbsp. green onions, sliced
1 tsp. garlic salt
1/4 tsp. pepper
1/2 c. salad oil (half olive)

Pour the tomatoes a few at a time into a wire strainer and dip into a large pan of rapidly boiling water for about 15 seconds (no longer). Immediately rinse with cold water. Slip off the peels and stems, and put into a refrigerator bowl. Combine remaining ingredients and shake until blended. Pour over the tomatoes, cover and chill at least 2 hours, or overnight, stirring gently several times.

MACARONI SALAD

Mrs. David P. Wilborn

1 lb. elbow macaroni
1 c. mayonnaise
1 can tuna fish
2 medium tomatoes, cubed
1 medium onion, chopped
1 medium green pepper, chopped
1 1/2 tsp. salt
1/8 tsp. pepper

Cook macaroni according to package directions. Drain, rinse in cold water. Combine macaroni with remaining ingredients. Mix, chill and serve.

AEGEAN SALAD

From Mrs. David P. Wilborn, Melbouren, Florida.

Combine:
1 head lettuce, bite size pieces
2 tomatoes, cubed
1/2 c. Feta cheese

AEGEAN SALAD (Continued)

Whole green olives to taste
1 small cucumber, sliced
Ceasar's salad dressing

Toss lightly, chill and serve.

BEET SALAD — Mrs. Jack Miller

2 qt. cooked beets
2 qt. cabbage, chopped fine

Add:
2 c. sugar
2 scant Tbsp. salt
1 scant Tbsp. pepper
1 c. grated horseradish
Enough vinegar to cover

Keep in a cool place. Serves 8.

MUSHROOM SALAD — Mrs. Harold Robinson

Wipe mushrooms with damp cloth. Slice stems and all very thin. Toss with mixture of olive oil, wine vinegar, salt and pepper to taste. Serve on lettuce leaf as a side dish for beef.

SLAW DRESSING

Mrs. William P. Rogers, the wife of the Secretary of State, who also serves on the National Aeronautics and Space Council in Washington, sent us this delicious recipe.

Beat together hard:

1/2 c. sour cream
2 eggs
4 Tbsp. sugar
1 Tbsp. butter

Then add 1/2 teaspoon mustard dissolved in 2 tablespoons vinegar. Cook in double boiler, stirring until it thickens, do not let it boil. Remove from heat and add 1 teaspoon salt.

CAESAR SALAD DRESSING — Mrs. Paul Gauger (NASA)

2 c. mayonnaise
2 whole eggs
1 tsp. curry powder
1/2 c. Parmesan cheese
1/2 envelope onion soup mix
1/2 tsp. garlic powder

CAESAR SALAD DRESSING (Continued)

Mix well in blender. Refrigerate overnight. Serve with Romaine lettuce, croutons and bacon bits. (You have to try it to believe it.)

JAPANESE SALAD

Mr. and Mrs. Frank Muramatsu like this salad which is very good served with tempura.

1/2 c. sugar
1 tsp. salt
1/2 c. vinegar
1/2 tsp. Accent

Add water as desired (approximately 1/8 cup). Shred lettuce, slice green onion, green pepper, celery and cucumber all cut diagonally, very thin. Add shrimp if desired.

** EXTRA RECIPES **

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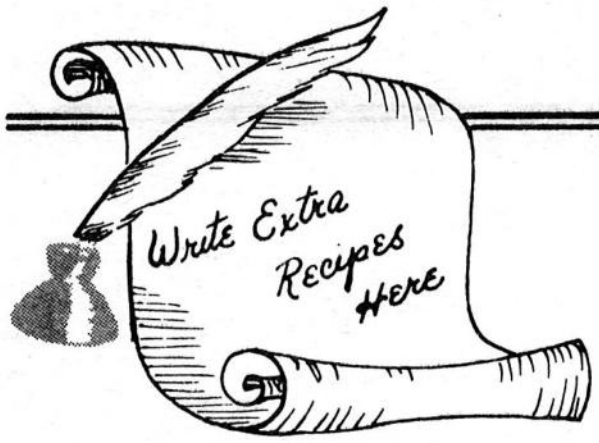
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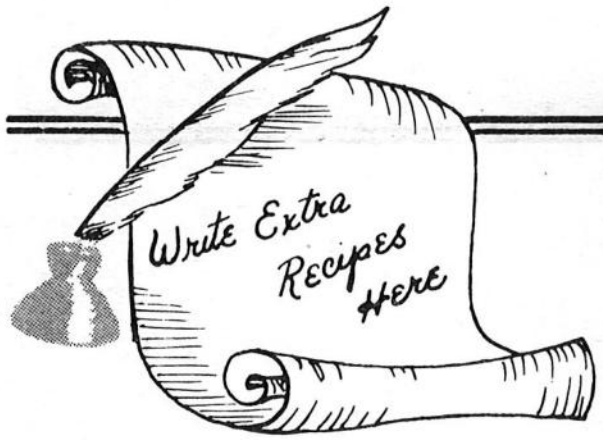
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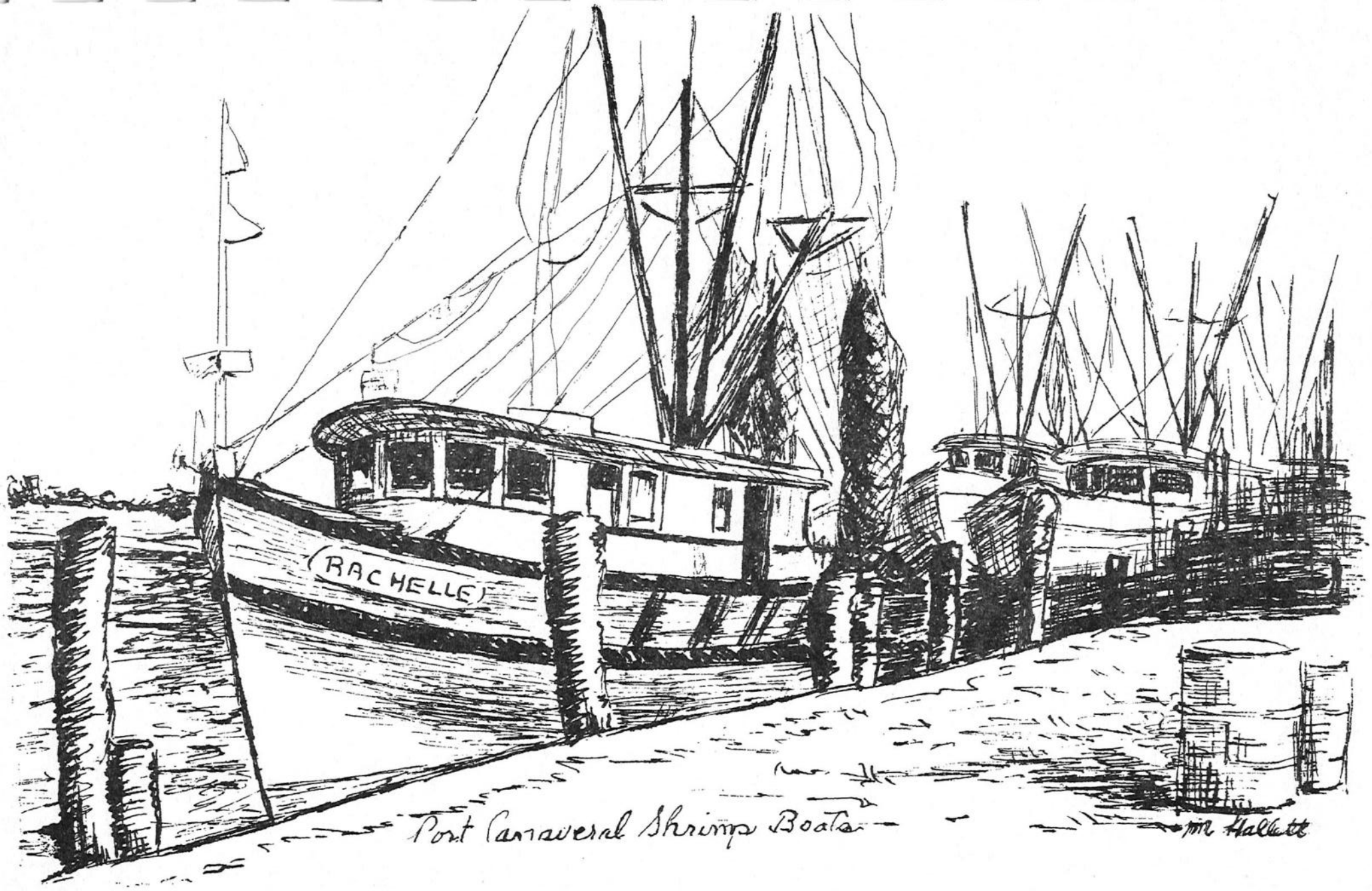
RACHELLE
Port Canaveral Shrimp Boats
M. Hallett

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The Space Coast is the place to fish.
Almost any kind you wish --
Shrimp or crab, trout or grouper,
With ways to fix them that are super.

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STUFFED POMPANO

Another good Florida recipe from Mrs. Bob Sikes, wife of the Representative from the First District in Florida.

1 medium sized pompano
3 oz. sliced mushrooms, seasoned with a dash of Tabasco sauce (or 1 small can sliced mushrooms)
1 c. crabmeat
1 tsp. mustard powder
1 Tbsp. butter
1 Tbsp. mayonnaise

Sauce:

1 c. mayonnaise
1 Tbsp. mustard
1 Tbsp. milk

Brown mushrooms in butter and add mustard powder. In a bowl, blend mushrooms, mayonnaise and crabmeat. Stuff body cavity of pompano with stuffing and place in a baking pan.

Sauce: In a small bowl, mix well, mayonnaise, mustard, and milk. Cover the fish with this mixture and bake at 350° for 40 - 50 minutes. Serves 3.

PICES SUPREME

A Space Coast favorite of the Owen Nichols (Boeing).

4 lb. fish fillet
1/4 lb. crackers
1/2 c. butter or margarine
Lemon, grapefruit, lime juices

Lay fish fillet in broiler pan in afternoon, and marinate in citrus juice from lemon, grapefruit, and lime. Let stand. When ready to prepare, melt butter in a pan, and add finely rolled cracker crumbs while it is still on the stove. This makes a paste. When this paste is completely blended, put it over top of the fillets. Bake or broil according to thickness of fish until done (about 20 - 25 minutes at 400°.)

TROUT AMANDINE

The Space Coast is trout country. This recipe comes from Mrs. Robert Cater whose husband is with The Boeing Company. He was here at the Cape through the Apollo Program, and has recently gone to Seattle.

4 fillets of trout
1 c. milk
1 tsp. salt
1/8 tsp. pepper
1/2 c. flour
1 c. butter
1/2 c. chopped almonds

Dip fillets in milk, season with salt and pepper, dredge with flour. Melt 1/4 cup of the butter in the electric skillet set at 375° and brown fillets on both sides. Remove fish from skillet, add remaining butter, and saute almonds. Serve over cooked fillets. Garnish with lemon slices and parsley. Serves 4.

SALMON LOAF WITH CUCUMBER SAUCE (Serves 8)

A favorite of Mr. E. T. Neal who is Test Conductor for the Boeing Company. Mrs. Neal says any leftover loaf is good just as a cold sandwich, or spread on hamburger bun, topped with grated cheese and broiled lightly. The Boeing Company is in the heart of Salmon Country.

1 lb. can salmon, drained and flaked
1 can cream of celery soup
1/2 c. mayonnaise
1 egg, beaten
1 c. dry bread crumbs
1/2 c. chopped onions
1/4 c. chopped green pepper
1 Tbsp. lemon juice

Add all ingredients to salmon. Pour into greased loaf pan. Bake at 350° for 1 hour. Serve with Cucumber Sauce.

Cucumber Sauce: Combine -

1/4 c. mayonnaise
1/2 c. sour cream
1/2 c. grated cucumber

ROLLED FLOUNDER

Mrs. Frank Wolf, whose husband teaches at Rollins College at Patrick Air Force Base, contributed this.

1/4 c. chopped onion
1/8 tsp. rosemary, crushed
2 Tbsp. margarine
1 pkg. frozen chopped spinach (9 1/2 oz.) cooked, drained

ROLLED FLOUNDER (Continued)

1/2 c. cooked rice
1/4 c. chopped toasted almonds
6 fillets of flounder
2 (10 1/2 oz.) cans condensed mushroom soup
1/3 c. water
2 Tbsp. sherry
Paprika

Cook onion with rosemary in oleo. Add spinach, rice, almonds. Place 1/4 cup mixture on each fillet, roll, secure with toothpicks. Arrange in shallow baking dish. Bake at 350°, 20 minutes. Blend soup, water, sherry. Pour over fish. Bake 15 minutes more. Sprinkle with paprika.

BAKED RED MULLET WITH BLACK OLIVES AND CAPERS

Thanks, Mrs. George De Rise. This serves 4.

6 Tbsp. butter
3 Tbsp. capers, thoroughly washed and drained
2 Tbsp. slivered black olives
4 red mullets, red snappers, or ocean perch - 1/2 - 3/4 lb. each, cleaned with heads and tails on
Salt
1/4 c. olive oil
2 tsp. dried oregano, crumbled
Freshly ground black pepper
2 Tbsp. lemon juice
2 Tbsp. finely chopped fresh parsley

Preheat oven to 425°. In a 6 - 8 inch skillet, melt 4 tablespoons butter over low heat until it becomes light brown, but do not burn it. Stir in the capers and olives, remove from heat. Wash the fish quickly, inside and out, under cold running water and dry with paper towels. Salt the inside of each fish lightly. In a shallow, flame-proof 12 inch baking dish, heat the oil and the 2 remaining tablespoons of butter over moderate heat until it begins to sizzle. Stir in the oregano and a few grindings of black pepper. Roll the fish in the herbed fat. Then place the dish on the middle shelf of the oven and bake, basting the fish with the hot fat every 5 minutes for 20 - 30 minutes, or until the fish are firm to the touch. With a slotted spatula, carefully transfer them to a heated platter. Warm the butter and caper sauce, stir in the lemon juice and parsley, and pour over the fish.

WHITE FISH SUPREME

Col. and Mrs. Keith O'Keefe enjoy this easy to prepare and delicious fish dish. Col. O'Keefe retired from the Army, was at the Cape until health forced him to retire.

WHITE FISH SUPREME (Continued)

1 lb. white fish (sole, flounder, or haddock, fresh or frozen)
1 can mushroom soup
2 Tbsp. butter
1/2 c. dry sherry (opt.)
1 small can mushrooms (opt.)
Salt and pepper to taste
Grated cheese and paprika for top

Butter baking dish and grease bottom with butter. Lay in fillets of fish, or bite sized pieces. Heat soup to make smooth. Take off stove and add sherry, leaving 1/4 cup to add later, pour mixture over fish, cook dish at 350° in oven for 25 minutes. Take out and dribble the rest of sherry in, then add cheese and paprika and return to oven for 10 minutes.

This meal may be prepared in electric frying pan. One can of potatoes and some onion rings cooked with it, make it a one pot meal.

POISSON CRU

As Mrs. H. P. Bruckner, wife of the General Manager, Launch and Support Division at Kennedy Space Center, says this recipe in some form, is found in the South Pacific from Tahiti, Samoa, and the Fiji Islands to Hawaii. Literally it translates "raw fish", another undelightful name, but actually it is very good.

1/2 lb. raw finely textured white meat fish
1 small onion, chopped very fine
Fresh lime juice
Coconut milk (made by soaking 1 c. fresh grated coconut meat in 1 c. boiling water for 1/2 hour, strain through cheese-cloth and squeeze all liquid out) - Makes 1 c. coconut milk

Cut fish into small (approximately 1/2 inch) squares. Place in bowl, add onions, and enough lime juice to cover. Stir lightly with a wooden spoon. Cover and let stand overnight in refrigerator. Fish should become flaky. Before serving, drain, add salt and pepper to taste, and just enough coconut milk to moisten. Serve a small amount on lettuce leaf as an appetizer. For variation, chopped green peppers, cucumbers, or tomatoes may be added.

TWELVE CAN CASSEROLE

Mrs. W. M. Collins, Jr., whose husband is Director, Headquarters of NASA, Contracts Division, contributes a great recipe for buffets or bridge luncheons. It serves 8.

3 cans tuna (chicken or turkey may be substituted)
1 can cream of mushroom soup
1 can cream of chicken soup
1 small can Pet milk
1 small can water chestnuts
2 cans Chinese noodles
2 cans onion rings (1 mixed through, the other as topping)
8 stalks celery, chopped and sauteed
1 large green pepper, chopped and sauteed
2 cans French cut green beans
1 small can mushrooms

Add all ingredients, mix. Put in shallow baking dish and cover with second can of onion rings. Bake at 350° for 1/2 hour or 250° for 3/4 hour, until topping is crusty.

QUICK SEAFOOD CASSEROLE

The following comes from Virginia H. Knauer, Special Assistant to the President for Consumer Affairs.

2 pkg. frozen chopped broccoli, cooked, drained, keep green, don't overcook
1 lb. shrimp and 1 lb. scallops cooked separately in salted water and drained
1 (6 - 7 oz.) can tuna, drained and pieces broken up
1/2 - 3/4 c. chopped onion, cooked in butter until transparent, not brown
2 (10 oz.) cans condensed cream of mushroom soup
1 c. sour cream
1 tsp. curry powder
2 Tbsp. butter

Add soup, sour cream, curry, and tuna and heat through, but do not allow to boil. Add previously cooked shrimp, scallops, and broccoli to above mixture and heat throughly, but do not allow to boil. Serve immediately over seasoned rice. Serves 8 - 10.

SHRIMPHONY DISH

A favorite of Mr. and Mrs. Arnold Gaillard. He is the Chief Test Conductor for the Saturn with the Boeing Company.

Dissolve 1 can frozen cream of shrimp soup in 1 cup boiling water. Add:

1 c. chopped celery
1/2 c. chopped green pepper

SHRIMPHONY DISH (Continued)

1 tsp. salt
1 c. cooked shrimp
3/4 c. quick cooking rice
1/2 c. sliced ripe olives
1/4 c. toasted, slivered almonds
1/2 tsp. curry powder
Dash of pepper

Bake at 325° for 20 - 30 minutes.

SHRIMP CEVICHE

Thanks to Mrs. Donovan MacPherson for this recipe from Equador.

1 lb. shrimp
3 lemons
1/2 c. catsup
1 red onion
1/2 c. oil
Salt and pepper

Slice onion and mix with lemon juice. Let mixture marinate until onions are soft. Cook shrimp 3 minutes and clean. Mix with onions and let set 2 - 3 hours. Shrimp may be used uncooked, marinate 4 - 6 hours. To be served as a cocktail with popcorn or toasted corn kernels.

SHRIMP CURRY

This recipe comes from General J. B. Medaris, one time Commander of our Space Operation at Huntsville. He exchanged his title of General for that of Father when he was ordained a priest in the Episcopal Church. His interest is still in "Outer Space".

2 lb. shrimp cleaned
1 lb. fresh mushrooms, sliced
1/4 c. finely chopped onions
1 stick butter
1/2 c. sifted flour
3 rounded tsp. curry powder
2 c. milk
1 c. light cream (half & half)
2/3 tsp. ginger
1 1/2 tsp. salt
A little lemon juice
Few grains black pepper

Preferably use an electric skillet (deep one) in order to vary heat quickly as needed. Use moderate heat (300 to 350° maximum). Melt butter, add mushrooms and onions, and saute until cooked. Reduce heat. Stir in flour and curry powder. Add milk and cream. Stir constantly. Cook a few minutes until thickened, do not overthicken, as further cooking will increase thickness.

SHRIMP CURRY (Continued)

Add shrimp, ginger, lemon juice, salt, and pepper. Simmer until desired thickness is reached. Serve in casserole previously warmed. Can be served over either rice or hot Chinese type noodles. Serves 6 generously.

SEAFOOD SUZETTE

Mrs. Frank Hann, wife of the Director of the Financial Management Division of NASA, sent this recipe and says "Delicious!" It is!!

1/3 c. sifted all purpose flour
1 Tbsp. sugar
1 egg yolk
3/4 c. milk
1 Tbsp. butter or margarine, melted

Put these ingredients into a bowl and blend or beat with beater until batter is smooth. Refrigerate several hours or until batter starts to thicken. Heat a heavy 6 inch skillet until a drop of water will dance on the surface. Grease lightly and pour in 2 - 3 tablespoons of batter. Lift skillet off heat and tilt from side to side. Return to heat and cook until underside is lightly brown. Turn crepe for a minute or two.

Filling:

1 onion, diced
1 Tbsp. flour
Dash of salt
1 bay leaf
Dash of thyme
Dash of pepper
1 c. each: shrimp, lobster, and crab
1 Tbsp. lemon juice
2 tsp. sherry
Dash of soya sauce
1 small can mushrooms

Cook onion in butter, add rest of the ingredients. Cook 5 minutes -- no more.

Sauce:

1 stick butter, melted
2 Tbsp. flour
1 1/2 c. milk
1/2 c. grated Swiss cheese
Sherry

Mix flour with milk and add to butter, bring to boil. Add cheese and sherry. Spread filling across each crepe. Fold up and cover with sauce. Bake in 400° oven for about 25 minutes or

until edges of crepes begin to toast. Serve as appetizer or entree. Makes about 10 crepes.

SHRIMP ETOUFFE

This is one of the favorites of Mr. and Mrs. Francis L. Williams. He is with NASA in Washington as Director, Office of Analysis and Evaluations.

1 onion, chopped
3 - 4 green onions, chopped
2 cloves garlic, minced
1/4 c. finely chopped celery
1/2 c. butter
2 Tbsp. flour
1 c. water
1 lb. cleaned raw shrimp (2 lb. in shell)
1 (10 1/2 oz.) can tomato puree
2 bay leaves
1 Tbsp. Worcestershire sauce
4 drops Tabasco sauce
1 tsp. sugar
1/2 tsp. thyme
1/4 tsp. pepper

Saute onion, green onions, garlic, and celery in butter. Add flour, cook and stir for a few seconds. Add water, tomato puree and seasonings. Simmer uncovered, stirring occasionally, 25 minutes. Add shrimp and continue cooking 15 minutes. Serve over hot rice. Makes 4 - 6 servings.

SHRIMP CASSEROLE

Dorothy T. Clark, M. D., Psychiatrist on the Space Coast.

1 lb. shrimp, boiled, deveined and shelled, cut in bite sized pieces (use 1 1/2 lb. fresh shrimp)
1 Tbsp. dried onion
1/4 - 1/2 tsp. garlic salt
1 small can peas, beans or other green vegetables, drained

Rice: Bring 1 cup water to boil, add -

1/2 tsp. salt
1/2 c. raw rice

Boil 1 minute, stir, reduce heat to simmer, cover and cook 14 minutes.

1 can cream of mushroom soup (A&P)
Water to make just moist

SHRIMP CASSEROLE (Continued)

Place above in greased 1 1/2 quart casserole dish. Bake at 350° for 30 minutes. Last 5 - 10 minutes, top with onion rings or cracker crumbs. Serve with a green salad, and hot onion or garlic bread. Serves 4.

SALMON LOAF WITH SAUCE

Another of Mrs. Roy P. Jackson's, wife of Assistant Administrator for Advance Technology with NASA, Washington, D. C.

1 1/3 c. salmon (save liquid)
2/3 c. cracker crumbs
1 tsp. salt
1/2 tsp. paprika
2 eggs
2/3 c. milk

Flake salmon, removing bones. Add crumbs, salt, paprika. Beat eggs. Add milk. Pour into loaf pan. Bake 25 minutes in 350° oven.

Sauce:

3 Tbsp. flour
2 Tbsp. butter
1/4 c. liquor from salmon
2/3 c. milk
1 hard boiled egg, coarsely mashed
1/2 tsp. salt
1/2 tsp. parsley leaves, chopped
1 Tbsp. dill or sweet pickle, chopped

Use the first four ingredients to make a cream sauce. Add the rest and serve hot with the salmon loaf. Serves 4.

BEER BATTER SHRIMP

Cape Canaveral shrimp is the best in or out of this world. Mrs. D. H. Thompson, whose husband is with Configuration Management with The Boeing Company, sent us this one of their favorites.

1 c. sifted all purpose flour
1 tsp. salt
1/4 tsp. pepper
1 tsp. paprika
1/4 tsp. basil or rosemary, crushed
2 eggs, separated
6 oz. beer or ale
2 Tbsp. melted butter

Sift together first 4 ingredients. Stir in basil. Beat yolks until light. Add yolks and beer to dry ingredients. Stir only until

blended. Stir in melted butter. Beat egg whites until stiff, but not dry. Fold into beer mixture. Dip shrimp (with tails on) into batter. Fry in deep fat at 370°. (Great also for onion rings, vegetables.)

MACARONI AND OYSTERS - EASTERN SHORE OF MARYLAND

This is a favorite of Mr. and Mrs. William G. Holmes. He is the Boeing Atlantic Test Center Manager for The Boeing Company. This makes 8 - 10 servings.

2 c. uncooked elbow macaroni

Boil in salted water and blanch. Fry 1 pint fresh or frozen oysters in butter until they begin to curl. Saute in butter, 1/2 pound of fresh mushrooms or an 8 ounce can of mushrooms. Make cream sauce: 2 tablespoons butter, melted together with 2 tablespoons flour. Add:

2 c. milk

1 c. American or Cheddar cheese, grated

Season with salt and a few drops of Tabasco sauce. Combine macaroni, oysters, mushrooms, cream sauce and 2 tablespoons of the liquid that will fry out of the oysters. Grease a 2 quart baking dish. Fill and sprinkle top lightly with cayenne pepper. Bake at 350° until lightly brown on top. Serve alone as main dish, or with ham and biscuits.

CRAB QUICHE

This comes from Mrs. William Brosier, the first president of the Cocoa Beach Woman's Club, whose husband is with NASA at the Cape.

1/2 c. mayonnaise
2 Tbsp. flour
2 beaten eggs
1/2 c. milk

Mix until blended. Stir in 1 2/3 cups (7 1/2 ounce can) drained, flaked crabmeat, 1 (8 ounce) package diced Swiss cheese, sliced, and 1/3 cup sliced green onions. Pour into a 9 inch pie or quiche pan. Bake at 350° for 40 - 45 minutes.

CRAB BURGERS

Mrs. John Mace says tuna or shrimp may be substituted for the crab. Makes 8 halves

1 c. flaked crabmeat
1/2 c. diced celery
2 Tbsp. onion
1/2 c. shredded Cheddar cheese
1/2 c. mayonnaise

Mix ingredients. Spread on buttered buns. Broil until brown.

CRAB MOUSSE

Mr. and Mrs. John C. Leeds enjoy this. "For special company I double the amount of crab. You can mix this, all but the eggs, before you leave for a launch, and it is almost ready for the oven when you return home." Mr. Leeds is working on the Sky-Lab and the Russian shot for NASA.

1 (6 oz.) can crab (or 1 pkg. frozen crab)
1/2 c. uncooked macaroni
1 1/2 c. milk
1 c. soft bread crumbs
3 eggs
1/4 c. grated American cheese
Salt and pepper to taste
1 Tbsp. butter

Cook the macaroni, drain and chop fine. Scald the milk, add butter, bread crumbs, cheese, crabmeat, macaroni and seasonings. Mix well and put the mixture in the refrigerator until you are ready to bake it.

Just before baking, add the eggs, slightly beaten, and pour into a greased casserole. Set in a pan of hot water and bake until firm, about 50 - 60 minutes at 350°. Serves 6.

CRABMEAT CASSEROLE

This is one from Mr. and Mrs. Vincent Donahue. Mr. Donahue is with Pan American at Kennedy Space Center.

1 lb. crabmeat
1 pt. half & half cream
1 dozen chopped, hard boiled eggs
1 pt. mayonnaise
2 c. fresh bread crumbs
1/2 medium chopped onion
2 Tbsp. chopped fresh parsley

Mix all ingredients. Season with salt and pepper. Cover with 1 cup commercial bread crumbs, buttered. Bake 30 minutes at 325°.

CRAB CASSEROLE — Mrs. Harold Robinson

Saute 1 pound sliced mushrooms in 2 tablespoons butter. Make sauce: Melt 6 tablespoons butter, stir in 1/3 cup flour. Add:

1 can chicken broth
1 1/2 c. medium cream

Add salt and pepper to taste. In buttered casserole, arrange layers of mushrooms, sauce and crabmeat (2 cans required). Sprinkle top with buttered crumbs, shredded sharp cheese. Bake in 350° oven for 30 - 45 minutes. (One pound of fresh crabmeat may be substituted for canned crab.)

MARYLAND CRAB IMPERIAL

Another favorite of the Reynold Doerer's. Florida crab is every bit as good as Maryland crab, especially to Floridians.

4 tsp. butter
1 tsp. salt
1/2 tsp. dry mustard
2 tsp. flour
1/8 tsp. pepper
1 c. milk
1/4 green pepper, minced
1/2 tsp. Worcestershire sauce
1 lb. lump crabmeat

Make white sauce, using first six ingredients. Add green pepper, Worcestershire sauce, and crabmeat, and pour into casserole. Cover with buttered bread crumbs and bake at 450° until brown. Serves 4.

CRAB CAKE MARYLAND

A favorite of Mr. and Mrs. Richard Stottler. He is President of Brevard Engineering Company.

1/3 stick butter (margarine) for frying, less may be used, but do not let cakes stick
1 lb. crabmeat
2 Tbsp. minced parsley
2 eggs, slightly beaten
1/2 c. Miracle Whip salad dressing
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. paprika (opt.)
1/2 c. cracker crumbs

Mix together parsley, eggs, salad dressing, salt, pepper, paprika and cracker crumbs. Add crabmeat, stir gently. Melt butter in frying pan (360°). Dip equal portions of crab mixture into frying pan (an ice cream scoop heaping full makes a good

cake). Flatten cakes about 3/4 inch thick. Cook 3 minutes on each side. Cakes should be browned on outside and soft and juicy on inside. Makes 6.

CRAB CAKES

Mrs. Thomas N. Downing, whose husband is on the Committee for Science and Astronautics, says this is one of his favorites and is an old Williamsburg recipe. It makes 9-12 (3 inch) cakes.

1 lb. regular crabmeat
2 Tbsp. lemon juice
Medium cream sauce *
3 eggs, divided
2 Tbsp. mayonnaise
1 c. bread crumbs
1 tsp. salt
1/8 tsp. white pepper
1 tsp. dry mustard
2 tsp. Worcestershire sauce
1/4 c. milk
1/4 c. all purpose flour
1 tsp. paprika
Shortening for frying

*To make medium cream sauce: Melt 1 tablespoon butter in a skillet over medium heat and stir in 1 tablespoon flour, 1/2 cup milk, and salt to taste. Stir until sauce is smooth and thickened. Pick over crabmeat and discard bits of shell, then sprinkle lemon juice over crabmeat. Beat 2 eggs and add the cream sauce, mayonnaise, 1/4 cup bread crumbs, and seasonings, stir well. Combine crabmeat and egg mixture, chill until firm enough to shape into patties. Mix remaining egg and milk together.

Bread cakes by dipping into flour, beaten egg, and rest of bread crumbs, mixed with paprika. Fry in about 1/4 inch shortening. Turn once.

LOBSTER, SWEET AND SOUR

A favorite of Mr. and Mrs. Paul Gauger. He is with NASA. The recipe has an Oriental flavor.

(One can use pork, beef, or chicken in place of the lobster.)

1 lb. baby lobster tails or chunks of lobster
1 tsp. sugar
1 tsp. salt
1 tsp. soy sauce
2 eggs, well beaten
1 Tbsp. water
1/2 c. cornstarch
1/2 c. corn oil
1/2 c. chopped onion
1/4 c. chopped green pepper
1/4 c. ginger
2 cloves finely minced garlic
4 tsp. cornstarch

1 tsp. salt
1/4 c. water
3 Tbsp. brown sugar
3/4 c. cider vinegar

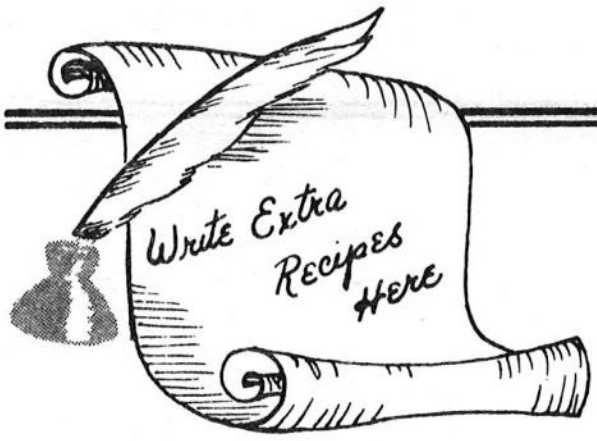
Sprinkle lobster with sugar, 1 teaspoon salt and soy sauce. Toss and marinate for 1/2 hour. Blend eggs with 1 tablespoon water. Dip lobster pieces into egg-water mixture, then into cornstarch, then into egg mixture. Heat 1/4 cup oil in large skillet. Saute lobster about 15 minutes, turning often. Remove from skillet. Heat other 1/4 cup oil in same skillet. Cook onion, green pepper, ginger and garlic in hot oil, stirring frequently. Combine 4 teaspoons cornstarch, 1 teaspoon salt and 1/4 cup water with brown sugar. Add vinegar. Stir into skillet and cook. Stir constantly until thick. Add lobster, and heat.

LOBSTER GRAND MARNIER

Mrs. Barry Goldwater, Jr., whose husband is on the Science and Astronautics Committee, says this is 2 generous servings. This should be for a special "out-of-this-world" occasion.

2 Tbsp. butter
1 lb. cooked lobster meat (or shrimp)
1 oz. Grand Marnier
1 oz. bourbon
1 can lobster or shrimp bisque (not frozen)
3 Tbsp. sour cream
1 Tbsp. cornstarch
Juice of 1/2 lemon

Melt butter in skillet. Toss lobster meat until hot. Pour liqueur and bourbon over it and ignite. When flame dies, add bisque, sour cream, mixed with cornstarch, and lemon juice. Cook until hot, bubbly, and thickened. Serve on rice. Quick, easy, and delicious.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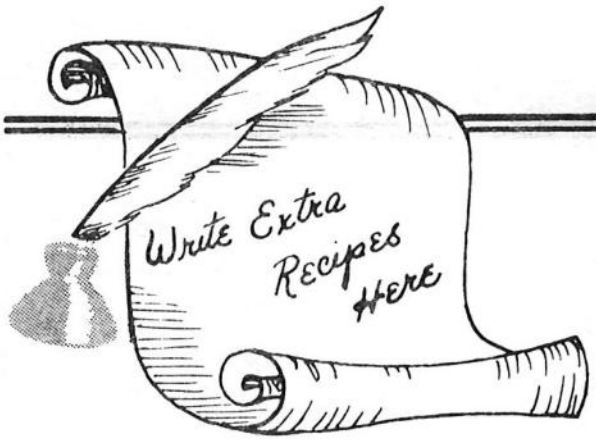
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Chicken and Turkey,
Guinea hen or duck,
Will make a gourmet treat,
With a bit of luck.

****

FOR THE BIRDS

This casserole recipe was contributed by Leslie A. Skinner who as far back as 1933 managed to get a "missile" off the ground at Aberdeen Proving Ground. His wife, Peg, was on hand to help.

6 wild doves (or 4 quail, or 2 Cornish hens, or 1 large wild duck, or 2 large lamb shanks)
2/3 c. brown rice
1/2 c. chopped celery
1/2 envelope onion soup mix (furnishes all salt needed)
1/2 tsp. garlic powder
1 tsp. oregano
1/2 tsp. sage
1/2 c. dry vermouth or sauterne
1/2 c. Rhine wine
1/2 c. light syrup from can of peaches

Put birds breast down in marinade at room temperature for 4 to 6 hours, in casserole to be used for cooking. Put casserole, as is, in 350° oven. When liquid begins to simmer, add rice and cook at 350° for 50 minutes more. Take out and turn birds breast up, put a good square of butter on each, and cook at 350° for about another 20 minutes. Now, cover each dove with 2 thicknesses of bacon and cook at same setting until bacon is well curled. Add a little more wine or a little water at either of the last 2 steps if rice becomes too dry.

RYE ISLAND BAKED GOOSE

Mrs. Carl Albert, wife of the Speaker of the House of Representatives, says "Both my husband and son love to hunt, so I have had to learn to cook game of all kinds".

1 goose
2 cans consomme
2 cans water
Salt and pepper
1 can cooking sherry

Place goose on rack in open roaster. Open 2 cans clear consomme, pour over goose. Add 2 cans of water and 1 can sherry. Pour over goose after it has been salted and peppered. Place

RYE ISLAND BAKED GOOSE (Continued)

breast side down on rack. Bake at 350° for 2 1/2 hours or until tender. Baste every 15 minutes. If you cannot baste that often, cover roasting pan. Serves 8.

LONG ISLAND DUCKLING

Appropriately from the Representative from the Fourth District in New York, comes the recipe for Long Island Duck. Mr. John W. Wydler is on the Committee of Science and Astronautics and the Sub-Committees for NASA Oversight, Aeronautics and Space Technology, and Manned Space Flight

Clean Long Island ducklings (medium sized) and coat generously with salt, sprinkle lightly with garlic powder. Place in roasting pan, and roast in preheated 400° oven for about 2 1/2 hours. Drain off accumulated fat after first hour. At end of specified baking time, remove from roasting pan and allow to cool and chill. When chilled, split duck in halves, remove rib bones and thigh bones, and cut into quarter serving portions.

At this point, prepare sauce as follows:

1 orange peel, cut in narrow strips
1 c. consomme
1/2 c. currant jelly
2 c. brown gravy

Bring consomme to a boil, add jelly and stir slowly until jelly is melted (about 5 minutes). Add brown gravy and simmer slowly to desired consistency, stirring frequently. Add strips of orange peel, and simmer for 10 minutes. Ladle sauce over serving portions of roast duckling. Note: One medium sized duckling, serves 2.

ROAST PHEASANT

Mrs. John Mace contributed this great recipe if you are lucky enough to have a pheasant.

Rinse bird in cold water. If you want stuffing, use wild rice with bits of bacon, ham, or salt pork. (Otherwise, serve wild rice with the bird -- I prefer this.) Place breast up in a roasting pan, or Dutch oven. Crisscross bacon strips generously on breast. Add about 1/4 pint cream to pan. And a jigger or two of sherry is all to the good. Roast until tender -- 60 to 90 minutes in 350° oven, basting frequently with pan liquid. (Sauce remaining in pan is delicious for gravy.)

SMOKED TURKEY

This recipe is from the barbecue of Major General J. S. Bleymaier.

Start with a 20 pound turkey. Chop 1 stalk celery and leaves, 2 medium onions, 1 head lettuce. Add:

1 Tbsp. salt

2 Tbsp. oil (any good salad oil)

Brush turkey inside and outside with vegetable oil and stuff cavity with chopped vegetables (these are discarded after cooking). Start covered barbecue grill with charcoal and add oak bark, hickory chips, or anything to make lots of smoke. Cook turkey over very slow fire -- approximately 125° for about 8 hours. (More will not hurt it.) Do not let fire get too hot -- long, slow cooking is the secret. Lots of smoke to penetrate the meat. Great for cocktail parties.

CHICKEN TETRAZZINI

Senator Stuart Symington, on the Committee of Aeronautical and Space Sciences, sent us one of his wife's recipes for this special Chicken Tetrazzini. The late Mrs. Symington often served fresh asparagus with pimiento and Italian bread sticks with this. Serves 4.

2 c. diced chicken (not too small)
1 pt. heavy cream
1/4 lb. butter (preferably sweet)
1/4 lb. mushrooms, sliced thin (or canned)
1 Tbsp. sherry (opt.)
2 Tbsp. dry white wine (opt.)
2 Tbsp. flour
2 Tbsp. butter
1/4 lb. medium noodles or thin spaghetti
2 Tbsp. grated Parmesan cheese

Melt the butter in skillet and saute mushrooms 2 - 3 minutes. Add chicken meat, cream, wine, seasoning to taste, and heat almost to boiling. Knead flour and 2 tablespoons butter together to a smooth paste, and stir into the chicken mixture, continuing to stir until smooth and somewhat thickened. Let simmer about 5 minutes.

In the meantime, cook spaghetti or noodles in boiling, salted water until just tender, 7 - 10 minutes. Drain, rinse in cold water, and spread on bottom of rather shallow greased casserole. Pour the chicken-mushroom mixture gently over it, sprinkle with Parmesan cheese, and bake in 375° oven for about 20 minutes, or until top is golden brown. (If you are making it just at serving

time, so that all ingredients are hot, merely slide it under the broiler and brown.)

VELVETY CHICKEN CASSEROLE

Mrs. Ronald L. Ziegler, wife of the Press Secretary in the White House, contributed this recipe with best wishes for our Community Center.

1 (8 or 9 oz.) pkg. frozen artichoke hearts
1 pt. fresh mushrooms, sliced (1 1/2 c.)
1 Tbsp. butter
2 c. cubed, cooked chicken
1 envelope chicken gravy mix
1/8 tsp. dried marjoram, crushed
4 oz. processed Swiss cheese, diced (1 c.)
1 Tbsp. dry sherry
1 Tbsp. butter, melted
1/2 c. soft bread crumbs (1/2 slice)

Cook frozen artichoke hearts according to directions. Drain. Cook mushrooms in 2 tablespoons butter until tender. Combine artichokes, mushrooms, chicken, in 1 1/2 quart casserole. Prepare chicken gravy mix. Remove from heat, add marjoram and cheese. Stir until cheese is melted. Stir in wine. Pour over chicken mixture in casserole. Combine:

1 Tbsp. melted butter
Bread crumbs

Sprinkle over casserole. Bake uncovered in 375° oven for 30 minutes. Garnish with snipped parsley. Serves 6.

CHICKEN IN SOUR CREAM

This is a favorite of Robert R. Gilruth, Director, Manned Spacecraft Center, Houston, Texas. Mrs. Gilruth used to serve this frequently during the space flights when entertaining friends or visiting celebrities. This can be made in any quantity and with any parts of the chicken. It is simpler to use the breast and thighs. This recipe serves 4 people generously. Mrs. Gilruth sent this last November. We were sorry to hear of her passing and know she will be greatly missed in Houston.

2 chicken breasts, cut into 4 halves (4 pieces)
2 (3 oz.) cans sliced mushrooms, drained

CHICKEN IN SOUR CREAM (Continued)

4 thighs
1/2 soup can sherry wine
1 c. dairy sour cream
1 (10 1/2 oz.) can condensed cream of mushroom soup
Garlic salt, seasoned salt, Accent and paprika

Arrange chicken in shallow baking dish so that pieces do not overlap. Season lightly with garlic salt and seasoned salt (may be omitted), and Accent. Cover with mushrooms. Combine undiluted mushroom soup, sherry, and sour cream, and stir until well blended. Pour blend over chicken completely covering it. Dust with paprika. Bake at 350° for 1 1/2 hours.

CHICKEN JUBILEE

A very special recipe favorite of Mrs. James S. McDonnell. Her husband is the President of McDonnell Douglas Corporation. They are both frequent visitors to the Cape, and friends of the Astronauts. Mr. McDonnell has been interested and active in the Space Program from the beginning.

4 fryers, quarters
2 tsp. salt
1/2 c. melted butter
1/4 tsp. pepper
1 c. water
1/2 c. raisins
1/2 c. brown sugar
1 tsp. garlic salt (opt.)
2 medium onions, sliced
1 (12 oz.) bottle chili sauce
1 Tbsp. Worcestershire sauce
1 (16 oz.) can Bing cherries, drained
1 c. sherry

Place chicken in shallow roasting pan, skin side up. Season and dribble with butter. Broil under medium flame until brown. Combine remaining ingredients, except wine and cherries. Mix thoroughly. Pour over the chicken and cover entire pan with aluminum foil. Bake an hour in 325° oven. Add wine and cherries, and remove foil the last 15 minutes of roasting time. To serve, place on a platter and pour sauce over all. Serves 8. Will serve 10 - 12 if fryers are cut up in individual pieces.

BROILED DEVILED CHICKEN (Pollo Alla Diavola)

Mrs. George DeRise says this will serve 4.

8 Tbsp. melted butter
2 Tbsp. olive oil
1/4 crushed, dried pepper
1/4 c. finely chopped onions
2 Tbsp. finely chopped fresh parsley (flat leaf Italian style)

BROILED DEVILED CHICKEN (Continued)

1/2 tsp. finely chopped garlic
2 1/2 - 3 lb. chicken, quartered
1 tsp. salt
Lemon quarters

Preheat broiler. Combine melted butter, oil and red pepper in a small bowl. In another bowl, mix the chopped onions, parsley and garlic. Add 4 teaspoons of the butter-oil mixture to the onion-parsley mixture, stir into a paste and set aside. Wash chicken quickly under cold running water and dry with paper towels. Brush both sides of chicken with 1/2 the remaining butter-oil mixture and salt lightly. Put the quarters, skin side down, on the broiler pan rack and broil 4 inches from the heat. After 5 minutes, baste the chicken with remaining butter-oil mixture and broil 5 minutes more. Baste again and turn skin side up. Then broil, basting every 5 minutes with pan drippings for another 10 - 15 minutes, or until the juice runs clear when a thigh is pierced with the tip of a sharp knife. With a metal spatula, spread the top of each quarter with the onion-parsley paste (putting firmly in place) and broil another 3 - 4 minutes, or until the coating is lightly browned. Arrange on a heated serving platter, and pour the drippings over it. Garnish with lemon quarters.

ARROZ CON POLLO

This is a favorite of Mr. and Mrs. Raymond Hill, which they have enjoyed at the Columbia Restaurant in Tampa. He is Vice-President of McDonnell Douglas Corporation at the Cape.

2 1/2 lb. fryer or favorite pieces of chicken
1/2 c. olive oil
1 onion, chopped
1 green pepper, chopped
1/2 lb. rice
2 buttons garlic
1/2 c. whole tomatoes
1 pt. chicken broth
1 Tbsp. salt
Large pinch of saffron

Simmer chicken in olive oil in ovenware utensil. When chicken is brown, remove from casserole. Add onion and pepper, garlic, tomatoes and braise lightly. Put browned chicken back in with vegetables and add chicken broth or water. Chicken broth really helps to bring out the subtle flavor of this dish. When mixture starts to boil, add salt, saffron, and raw rice. When mixture starts to boil again, make sure rice is covered. Cover casserole and bake in 350° oven for 40 minutes.

CHICKEN TETRAZZINI

This is one of Mrs. Herbert Harris' favorites. This may be made in advance. Herb Harris recently retired as Regional Manager for I. B. M.

3 lb. chicken breasts (or whole chicken)
1/4 lb. broad egg noodles
1 1/2 tsp. salt
4 Tbsp. butter
2 Tbsp. grated Parmesan cheese
1/2 lb. fresh mushrooms, sliced
Pepper
Garlic

Steam chicken in 2 cups water for about 1 hour. Save stock for sauce. Remove meat from bone and slice. Cook noodles in boiling water, unsalted, for about 10 minutes. Drain, pour cold water over, drain. Season with:

1 tsp. salt
2 Tbsp. butter
Parmesan cheese
1 c. sauce *

*Sauce:

1/4 c. melted butter
1/3 c. sifted flour
2 c. warm coffee cream
1 c. warm chicken stock
2 Tbsp. white wine
1 1/2 tsp. salt

Blend flour into butter. Add cream and stock, stirring well. Cook 5 minutes. Add salt and wine. Saute mushrooms in 2 Tbsp. butter for 5 minutes. Add 1/2 tsp. salt, pepper, garlic and cook 5 minutes. Spread noodle mixture in flat buttered baking dish (lasagna pan). Place mushrooms over noodles. Add a little sauce. Cover with chicken. Season with 3/4 teaspoon salt and pepper. Add rest of sauce. Top with 1/4 cup Parmesan cheese. Dish may be assembled and held at this point. Bake for 30 minutes at 350° (longer if chilled).

CHINESE CHICKEN

This is a delicious dish from Mrs. Frank Muramatsu, whose husband is with The Boeing Company.

Bone chicken into bite sized pieces. Put chicken in bowl and cover with soy sauce, fresh ginger, and minced garlic (optional - 1 tablespoon wine in marinade). Marinate 2 hours. Heat oil in deep pan. Whip an egg and add to chicken mixture. Add enough flour to make a sticky batter. Deep fry until tender.

GREEN CHILE CHICKEN

A speciality of Mrs. Ralph Ross, whose husband is retired from the Air Force.

4 chicken breasts
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. milk
2 cans green chilies, chopped
1 onion, minced
1 pkg. (12) tortillas
1 lb. Cheddar cheese, grated

Stew and bone chicken, cut into bite sized chunks. Cut tortillas into 5 slices each and line bottom of 13x15 inch pan with 1/2 of tortilla slices. Place 1/2 of chicken chunks over tortillas. Mix milk, cream soups, onions, and green chilies, chopped, plus 2 tablespoons chicken broth, together. Place 1/2 of this mixture over chicken and tortillas. Add 1/2 of grated cheese. Repeat with remainder of ingredients and top with remaining cheese. Bake 1 1/2 hours at 300° to 325°. Prepare a day ahead and let set. Cover with foil. Reheat and serve.

CHICKEN BURGUNDY

This comes from Mrs. William H. Deily, whose husband is with The Boeing Company.

4 chicken breasts (or more if needed)
1 c. chopped onion
1 c. celery
1/2 c. chopped green peppers
1 small can chopped mushrooms
1 can bamboo shoots (opt.)
1 can cream of celery soup
1/2 can (or 1 c.) burgundy
Salt, lemon pepper, paprika

Sprinkle chicken breasts with flour and fry in small amount of cooking oil until golden brown. Remove chicken from skillet and place in large casserole. Sprinkle with salt, lemon pepper, and paprika. Quickly saute onion, celery, green pepper, mushrooms, and bamboo shoots. Add celery soup, stir until hot. Then add burgundy. Pour all over chicken. Cover and cook in 350° oven for 1 - 1 1/2 hours.

HOT CHICKEN CASSEROLE — Mrs. Robert Prentice

3/4 c. mayonnaise
1/4 c. water
1 can cream of chicken soup
2 c. diced, cooked chicken
2 Tbsp. grated onion
1/4 c. diced green Bell peppers
1 1/2 c. cooked rice
1/4 tsp. salt
3 hard boiled eggs
2 c. crushed potato chips

HOT CHICKEN CASSEROLE (Continued)

Blend the first three ingredients together well. Mix chicken, onion, Bell peppers, rice and salt. Pour in buttered 2 quart casserole dish. Slice eggs on top. Top with chicken soup mixture, and potato chips. Bake at 250° for 30 minutes.

CHICKEN IN WHITE WINE — Mrs. David P. Wilborn

4 boned chicken breasts
1/2 c. flour
1/4 lb. butter or margarine
1/2 c. white cooking wine
1 c. chicken broth

Dust chicken breasts in flour, brown in butter. Remove chicken from pan and keep warm. Reduce heat under pan and add chicken broth. Stir until brown drippings come from the bottom of the pan. Add white wine and return chicken to pan. Simmer for 15 minutes.

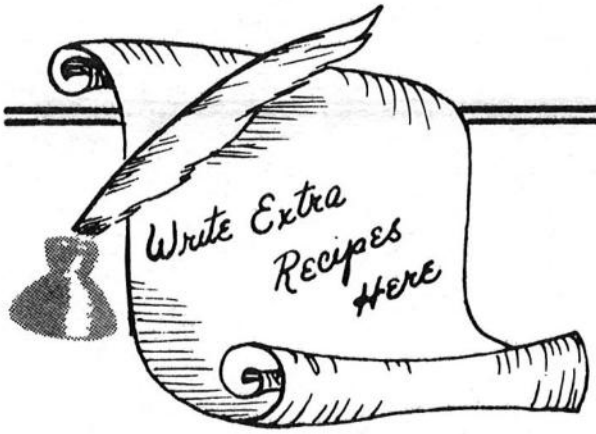
SCHOLZ'S CHICKEN MARINADE

One of the favorites of the Arthur Scholzs is this chicken barbecue. Mr. Scholz is with The Boeing Company.

1 chicken, quartered, or cut in pieces
1 c. sherry
1 large onion, minced
1 Tbsp. mustard
1 tsp. garlic salt
1/2 c. oil
1 Tbsp. Worcestershire sauce
1/2 tsp. black pepper
1 tsp. soy sauce
1 Tbsp. mixed herbs (thyme, marjoram, oregano, rosemary)

Blend ingredients and marinate chicken for at least 2 hours. Brush with the sauce as the chicken barbecues.

** EXTRA RECIPES **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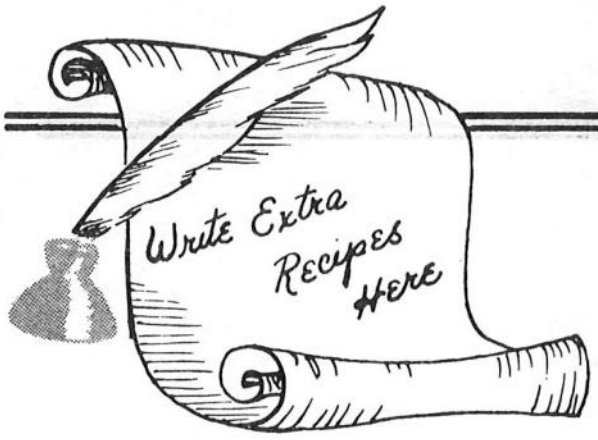
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croton
rubber plant
crown of thorns
century plant
cabbage palmetto
papyrus
moss

MEAT OF THE EARTH

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Ask a man what he'd like to eat,
He'll always answer, "I'll take some meat."
Medium, well-done, or rare --
It's the heart and soul of the Bill of Fare.

****

POT ROAST IN BOURBON

Mrs. Aldrin sent this as one of her husband's (Buzz Aldrin, Astronaut and second man on the Moon) favorite recipes. Joan Aldrin claims that an added bonus is that during the cooking, the kitchen smells heavenly. She also notes: "This can also be a marinade for a less expensive cut of meat which you want to barbecue outdoors. Let meat set in it (any kind of barbecuing beef) in the refrigerator overnight, and use it during cooking. Just brush it on. I have never done this, but why not the basis for a good old-fashioned stew!"

1 (4 - 5 lb.) pot roast, whatever cut you prefer
Seasoned flour
Shortening or oil for browning
2 - 3 onions, coarsely chopped
1/4 c. brown sugar
1/4 or 1/2 c. bourbon, depending on how daring you are feeling
Water to cover

Go through usual dusting with flour, salt, and pepper and browning of meat. Add onions, brown sugar, bourbon and enough water to cover meat. Cover and cook 2-3 hours on top of stove. "This is an easy meal that I serve with mashed potatoes and a green vegetable."

BRAISED BEEF ROLLS (Rinderrouladen)

One of Dr. and Mrs. Kurt H. Debus' favorites. Dr. Debus is Director of John F. Kennedy Space Center, NASA. We asked her for one of the German dishes.

2 1/2 lb. round steak, thinly sliced as for veal scallopini (about 1/4 inch thick)
6 slices bacon, diced
2 large onions, minced
Generous handful minced parsley
Salt and pepper
Flour
3 Tbsp. butter, bacon fat or kidney fat
1 onion, minced
1 carrot, sliced (opt.)
1 c. water or beef stock
1/2 c. sour cream (opt.)
1 - 2 Tbsp. tomato puree (opt.)

The round steak should be pounded to almost paper-thinness by you or your butcher. Slices should then be cut into pieces approximately 3 inches wide and 4 - 5 inches long. They may be more or less oval to rectangular in shape. There should be approximately 12 - 16 strips from 2 1/2 pounds of meat, it if has been pounded thinly enough and cut more or less as described.

Fry the bacon slowly with the minced onions and parsley until vegetables are soft, but not browned. Sprinkle one side of each meat slice with salt and pepper, and spread with bacon-onion-parsley mixture. Roll meat tightly and tie with kitchen string or secure with toothpicks. Dredge each beef roll in flour. Heat fat in a shallow wide fireproof casserole with a tight fitting lid. When fat is hot, brown beef rolls lightly, a few at a time, turning so they are seared on all sides, removing them as they are done. When all the meat has breen browned, add minced onions and carrot, and brown slowly, about 5 - 7 minutes, stirring several times. When vegetables are golden brown, place beef rolls on top of them. Add water or stock. Cover, bring to a boil, reduce heat and simmer very slowly, but steadily, 1 - 1 1/2 hours, or until beef rolls are tender. Add liquid if necessary as meat cooks. Remove beef rolls to a heated platter. Strain sauce and return to casserole. Skim excess fat from surface, and stir in sour cream and tomato puree, if you are using either or both. Check seasoning, adding salt and pepper as necessary. Return beef rolls to sauce and heat throughly before serving.

Variations: 1. A little prepared mustard can be spread on beef rolls before onion mixture.

2. For paprika sauce, add 1 tablespoon paprika to onion and carrot as they brown in pan.

3. If you use 1/2 cup red wine and 1/2 cup water for your cooking liquid, add wine to browned onion and simmer a minute or two before adding beef rolls and water.

4. Vegetable Stuffing: Sprinkle meat slice on one side with salt and pepper, spreading with a little mustard first if you wish to. Cut a scraped raw carrot in halves lengthwise and then in halves again, and lay one of these quarter strips on each meat slice, along with a lengthwise quarter strip of dill pickle and a thick slice or wedge of raw onion. Roll, tie, dredge with flour, and proceed with recipe as described, adding a small bay leaf to cooking liquid.

5. Sausage Stuffing: Mix 1/2 pound country style pork sausage with a generous pinch of salt and pepper, some chopped parsley, and 1 medium sized onion, minced and sauteed in butter or fat. A little thyme can be added for flavor as well.

6. Hunter's Beef Rolls Stuffing (Jagerrouladen): Brown 4

tablespoons pumpernickel bread crumbs, 1 finely minced onion, and 4 slices diced bacon in a combination of butter and some of the bacon's own fat. When mixture is golden brown, mix 4 - 6 rinsed, finely chopped anchovy fillets, 3 - 4 minced sweet gherkins, 1 tablespoon chopped drained capers, and spread this filling on lightly salted beef slices. Roll and tie beef and brown on all sides in butter. Add water or stock for cooking, as directed on preceeding page, but do not use any vegetables other than onion. Thicken pan gravy with 1 tablespoon flour, stirried into 1/2 cup sour cream. Season to taste with salt and pepper, and if you like, a little lemon juice.

BRAISED SHORT RIBS OF BEEF

Gordon Harris, Chief of Public Affairs with NASA has been a great help. His wife, one of our members, gave us this recipe.

About 3 lb. short ribs, remove excess fat
1 large onion, sliced
1/4 tsp. thyme
1 Tbsp. vinegar
2 Tbsp. ketchup
1/2 c. water
1/2 c. sherry
Salt and pepper

Dredge each piece of beef in seasoned flour (salt and pepper). Brown in a little fat in heavy skillet. Remove to a casserole, add remaining ingredients to drippings in the skillet, stirring until well blended. Pour over the meat. Cover and roast in 325° oven for about 2 hours, or until tender.

If desired, vegetables such as potatoes, carrots, or turnips may be added for the last 1/2 hour of roasting period. Add more water as necessary while roasting.

DEVILED SHORT RIBS

Mrs. Robert D. Prentice

5 - 6 lb. beef short ribs
1/4 c. salad oil
1 1/2 Tbsp. dry mustard
1 Tbsp. salt
1/2 tsp. cayenne pepper
1/4 tsp. black pepper
2 c. beef consomme
2 c. chopped onions
2 Tbsp. Worcestershire sauce
2 Tbsp. horseradish
1 Tbsp. bottled sauce for gravy

About 3 hours before serving: In large Dutch oven, over medium heat in hot oil, brown short ribs well. Stir remaining ingredients in, cover pan and cook over low heat about 2 1/2 hours

DEVILED SHORT RIBS (Continued)

or until ribs are fork tender. Remove ribs to heated platter, skim off fat from remaining gravy, and pass gravy to serve over ribs. Makes 6 servings.

TERIYAKI STEAK

Mrs. Addison Dishman. Seventh President of the Cocoa Beach Woman's Club.

2 lb. steak
2 Tbsp. chopped preserved ginger
1/3 c. soy sauce
1/4 c. white wine
1/4 c. water
2 Tbsp. brown sugar

Cut steak 1 1/2 inches thick. Leave in 1 piece or cut cross grain in strips to be wrapped around sticks, or in small bite sized pieces for cocktail parties. Mix all ingredients well, and marinate steak for at least 1 hour. Baste meat with the marinade as it broils. Use sauce for meat. May be cooked over hibachi or in oven.

BEEF STROGANOFF

Robert L. Krieger is Director of the Wallops Station, Wallops Island, Virginia. This is one of their favorites. Mrs. Krieger says it serves 8.

3 lb. beef cubes (boneless, lean, stewing beef is very good)
1/2 pkg. Lipton's onion soup
1/2 or 2/3 c. red burgundy wine
2 (4 oz.) cans mushrooms, sliced or whole buttons
1 container (16 oz.) sour cream
1 lb. box rice, cooked

Brown beef cubes, add salt and pepper, simmer for about an hour. Add 1/2 package Lipton's onion soup, mushrooms (drain the liquid) and burgundy wine, simmer 1 hour longer (or until meat is tender). Remove from heat, stir in the sour cream and serve over cooked rice.

LAZY WEEKEND BEEF CASSEROLE

From the kitchen of Mrs. A. M. Thomson, whose husband is with I. B. M.

LAZY WEEKEND BEEF CASSEROLE (Continued)

1 lb. beef chuck or stewing beef, cut into 2 inch chunks
1/2 c. California burgundy, claret, or other red dinner wine
1 (10 1/2 oz.) can undiluted condensed consomme
3/4 tsp. salt
1/8 tsp. pepper
1 medium onion, sliced
1/4 c. fine dry bread crumbs
1/4 c. sifted all purpose flour

Combine beef, wine, consomme, salt, pepper and onion in casserole. Mix flour with crumbs, stir into casserole mixture. Cover. Bake in slow oven (300°) about 3 hours, or until beef is tender. Serves 4. (An especially easy recipe, since beef need not be browned before baking.)

SALLY'S HEKKA

Mrs. Dishman gave this recipe she had from Sally, who used to prepare it at the Ulininu Club at Waikiki, Hawaii.

1 tin bamboo shoots
1 tin mushrooms, or fresh
1 bunch green onions
1 lb. dry onion
1 lb. tomatoes
1 small bunch celery
1 lb. tenderloin steak
1/4 lb. butter
3 Tbsp. brown sugar
1/2 c. soy sauce

Cut all vegetables slantwise (onions, cut in halves, and then slantwise). Heat pan and put in 1/8 pound butter and melt. Add melt (cut in pieces an inch or two long and narrow), and let fry a little. Add 3 tablespoons brown sugar and 1/2 cup soy sauce. Let boil up well, then add vegetables except green onion tops and tomatoes. Cook for 5 minutes, or until almost cooked, then add tomatoes, cut in sixths, and green tops, and cook 5 minutes. Add another 1/8 pound butter, let boil up. Serve with rice.

GREEN PEPPER BEEF AND NOODLES

This comes from Mayor and Mrs. Lee Caron of Cocoa Beach. Not only is he the Mayor and the owner of the Carnival Club, but he reigned as the Space Coast King from January 1970 to November 1971.

2 1/2 - 3 lb. chuck or blade roast
1 (4 oz.) can mushroom pieces
1 can Campbell's cream of mushroom soup
3 good sized green peppers

GREEN PEPPER BEEF AND NOODLES (Continued)

1 (8 oz.) bag Mueller's Klops egg noodles (or any thick egg noodle)
2 Tbsp. margarine
Salt and pepper to taste
Water

Brown meat, using margarine in roasting pan on top of stove. Add mushrooms, soup, salt, pepper, and enough water to barely cover meat. Cover and cook in medium oven approximately 3 hours, or until meat is tender enough to fall apart. Turn often and add more water if needed. Remove meat from roaster, and pull apart, into medium sized chunks, set aside. Thicken gravy with a little cornstarch if needed. Cook noodles in boiling, salted water, until almost tender. Cut up green peppers into 1 1/2 inch chunks, discarding seeds. Drain noodles and mix meat, peppers, and noodles with gravy in roasting pan. Cover. Return to oven until noodles and peppers are tender (approximately 25 - 30 minutes). Serve hot with a side vegetable or crisp green salad for complete meal.

BEEF OLE!

This is a favorite of one of our Astronauts from Apollo 7, Walter Cunningham. His wife, a cook book collector, sent us this.

1 lb. ground beef
1 pkg. spaghetti sauce mix
1 can tomato sauce
1 c. water
1/2 tsp. chili powder
Fritos - regular size

Brown beef. Add chili powder. Combine all ingredients and simmer uncovered 30 minutes, until sauce thickens. Serve over a bed of Fritos on a dinner plate. Garnish with shredded lettuce, chopped tomatoes, diced avocados, chopped onion, and grated cheese.

HAMBURGER STROGANOFF

Another from Astronaut and Mrs. Walter Cunningham.

1 lb. ground beef
1 onion, diced
1 can cream of mushroom soup
1 small can mushrooms, sliced
2 Tbsp. catsup
1 c. sour cream
2 tsp. Worcestershire sauce

Brown onion and meat in skillet in 2 tablespoons fat. Combine mushrooms, mushroom soup, sour cream, catsup,

HAMBURGER STROGANOFF (Continued)

Worcestershire sauce. Stir and add to meat. Heat only. Serve with poppy seed noodles. Cook noodles as directed, stir in butter and sprinkle poppy seeds over (1 teaspoon or more) and stir in. Serves 4.

NOODLE STROGANOFF

J. J. Cully is former BATC Manager of The Boeing Company. His wife, Rosemary, says this favorite of theirs serves 8 - 12.

Electric fry pan
1/2 c. butter
1/2 c. chopped onion
2 minced garlic cloves
1 lb. sliced mushrooms
2 lb. ground chuck
2 cans undiluted beef consomme
1/4 c. lemon juice
2 tsp. salt
1/2 tsp. pepper
4 c. noodles, uncooked
1 pt. sour cream
Snipped parsley

Preheat skillet to 350°. Melt butter, saute onions, garlic, and mushrooms. Add beef and cook, stirring until red disappears. Add consomme, lemon juice, and pepper. Add noodles and cook until done. Add sour cream. Stir well.

SOUR CREAM NOODLE BAKE

This is a different version, one of the favorites of the Boyd C. Myers II. Her husband is Deputy Assistant Administrator for Administration, NASA, Washington, D. C.

1 (8 oz.) pkg. medium egg noodles
2 Tbsp. butter or margarine
1 (8 oz.) can tomato sauce
1/8 tsp. pepper
1 - 1 1/2 lb. ground chuck
1/4 tsp. garlic salt
1 c. cottage cheese
1 c. sour cream
1/2 c. green onions, chopped
3/4 c. coarsely shredded Cheddar cheese

Cook noodles according to package directions. Rinse and drain. Melt butter in skillet, stir in chuck and cook until it loses pink color. Add tomato sauce, salt, garlic salt, and pepper. Cover and simmer 5 minutes. Fold together noodles, cottage cheese, sour cream, and onions. Spoon half the mixture into bottom of 2 1/2 quart casserole, cover with half of meat mixture. Repeat layers once again, sprinkle with cheese. Refrigerate or freeze. When ready to serve, return to room temperature and bake at 350° for 30 - 35 minutes, or until mixture is heated through and cheese is melted.

JOHNSON'S MEAT BALLS

Mr. Robert L. Johnson, Assistant Secretary of the Army, has this as a favorite, according to Mrs. Johnson.

3 slices whole wheat bread, crumbled in blender
1/4 c. milk
1 lb. ground beef, lean
5 green onions, thinly sliced
1 tsp. salt
Pepper to taste
3 slices bacon, fried crisp and chopped
1 c. beef stock
1 c. sour cream
Paprika to taste

Combine bread and milk, let stand for 10 minutes. Add meat, onions, bacon, salt and pepper, form into meat balls, brown in bacon drippings. Place in casserole and add beef stock. Cover and bake in 350° oven for 45 minutes. Remove and take out meat balls, cook down beef stock to about 1/4 cup. Add sour cream, and heat to boiling. Watch so it doesn't curdle. Sprinkle with paprika, return the meat balls to dish and serve.

WILD RICE HAMBURGER CASSEROLE

Mrs. H. D. Weart, sister of Michael Collins, gave us another one of his favorite recipes, this one from Test Pilot's School, Patuxent River.

2 2/3 c. wild rice
2 qt. boiling water
1/2 c. olive oil
3/4 c. chopped onions
2 lb. lean ground beef
1/2 tsp. each: celery salt, paprika, onion salt, curry powder, salad herbs, garlic powder
4 cans chicken with rice soup
4 small cans mushrooms, stems, pieces
2 c. water
2 large bay leaves
Salt to taste

Pour boiling water over wild rice, let stand 30 minutes, and drain. Saute onions in olive oil until transparent, add beef and brown. Add wild rice, soup, mushrooms with liquid, water, and seasonings. Cover with grated Italian cheese. Bake at 375° for 1 hour. (Can be made day before and refrigerated, flavor will improve. Allow to reach room temperature before baking.)

Serves 18.

MARY'S MINI MEAT LOAF

Mrs. John Mace's meat loaf takes on a new look. The Piquant Sauce adds a new touch. Mrs. Mace was the third President of the Cocoa Beach Woman's Club.

2/3 c. dry bread crumbs
1 c. milk
1 1/2 lb. ground beef
2 beaten eggs
1/4 c. grated onion
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. sage

Soak bread crumbs in milk, add meat, eggs, onion and seasonings, mix well. Form in individual loaves and place in greased muffin pans. Cover meat loaves with Piquant Sauce. Bake in moderate oven (350°) for 45 minutes.

Piquant Sauce: Combine -

1/4 c. catsup
3 Tbsp. brown sugar
1/4 tsp. nutmeg
1 tsp. dry mustard

ENCHILADAS

This south of the border recipe comes from Mrs. J. S. Bleymaier, wife of General Bleymaier who gave us the Smoked Turkey.

1 dozen corn tortillas
4 cans enchilada sauce (I prefer Gebhard'ts)
Grated or shredded sharp cheese
Approx. 1 c. cooking oil
Chopped onion (opt.)
1 lb. ground beef
1 pkg. chili seasoning mix

Fry tortillas, one at a time, in hot oil, but do not let them get crisp. Lift tortillas from oil to flat (layer cake) pan of hot enchiladas sauce, coat well, and lift to cookie sheet or Pyrex 9x14 inch pan. Fill each with 1 or more tablespoonfuls of browned and seasoned ground beef. Sprinkle on chopped onions. Fold both sides towards center. Continue until all tortillas are filled and rolled. Mix remaining meat and enchilada sauce, and spoon over enchiladas. Cover liberally with cheese and bake in 350° oven about 10 minutes, or until cheese is melted and bubbly. Serve on a platter or individual plates. Or, if sizzling steak platters are available, place 2 enchiladas on each platter, before adding meat sauce and cheese (or as you roll them), then add the final 2 ingredients. Heat in oven. This makes 6 individual servings. They stay much hotter this way.

QUICK TASTY CHILI

Dr. and Mrs. Walter F. Burke sent this recipe from California. Dr. Burke is President of McDonnell Douglas Astronautics Company. Serves 4.

1 lb. lean ground beef
1 onion, cut up fine
1 (13 oz.) can tomato aspic salad
1 (15 oz.) can S & W dark red kidney beans

Brown ground beef in skillet in a little butter or oil, add onions and continue browning until fairly well done. Drain can of kidney beans, and add to mixture together with can of tomato aspic. Continue on heat until well mixed, about 20 minutes. Serve hot. This is excellent the second day.

QUICK CHILI

Senator Carl T. Curtis from Nebraska, who serves on the Committee for Aeronautical and Space Sciences, sent this favorite recipe, one his daughter, the late Mrs. Clara Mae Hopkins used to make. He claims it is really "out of this world".

1 lb. lean ground beef
2 cans stewed tomatoes
2 cans red kidney beans
1 medium onion
Chili powder to taste
Salt to taste

In large pan, cook tomatoes and onion over medium heat about 20 minutes, or until tomatoes have cooked down a bit. Brown meat slightly. Add all other ingredients except kidney beans. Cook 15 minutes, then add kidney beans. Chili is ready to serve after beans have been heated thoroughly. Serves 6.

PARSIMONIA

A favorite of Mr. and Mrs. Harry H. Gorman. He is Deputy Assistant Administrator for Manned Space Flight in Washington, D.C.

2 lb. lean ground beef
1 c. each: celery, onion, and green pepper
1 (8 oz.) can sliced mushrooms
1 (15 - 16 oz.) can spaghetti sauce
1 (16 oz.) can tomato sauce
1 (6 oz.) can tomato paste
1 1/2 c. shredded cheese
8 oz. pkg. Munchen egg noodles or 1/4 inch noodles

Brown ground beef, salt and pepper and approximately 1 teaspoon garlic salt. Simmer celery, onion and green pepper in

PARSIMONIA (Continued)

2 tablespoons butter or margarine, combine with ground beef, mushrooms, and sauces. Cook noodles 5 minutes, blanch. Fold into beef mixture. Pour into casserole. Top with cheese. Cook covered at 300° for 1 hour.

SPAGHETTI SAUCE

From Mrs. William Duval (The McDonnell Douglas Corporation)

2 lb. ground beef (lean)
4 cans tomato sauce
1 can mushrooms (whole)
2/3 lb. Cheddar cheese, grated
2 onions, chopped
3 beef bouillon cubes
1/4 c. olive oil
Salt and pepper

Saute beef in olive oil. Add onions, and all other ingredients. Simmer on low fire for 1 - 2 hours. Serve over cooked spaghetti.

GRILLADE DE BOEUF PROVENCAL

Jacques Tiziou, Space Commentator for French T. V., author and free lance journalist for over 100 publications throughout the world gave this old recipe from the sailors of the Rhone Valley, France.

Take some nice slices of beef from the round, the rump, or the shank, each about 1/2 inch thick. Rub them in flour and cook in oil and butter until slightly brown. Next, prepare a mixture of anchovies, pickles, capers, onions, and shallots (2 - 4 ounces each, according to the quantity of meat). When the meat is golden, pour the mixture on the meat in a large skillet. Then pour some dry white wine to cover the meat. Add pepper. Do not add salt, anchovies are salty enough. Cover with a lid and cook at low temperature for at least 3 hours. Check from time to time that the meat is not attaching to the skillet. Add water if it is becoming too thick. Make sure not to break the steaks. They will become very tender and very breakable. This recipe can be prepared in advance, and reheated. Actually, it will be even better the next day, after more cooking. Serve with boiled potatoes, these can be cooked in the skillet at the same time.

BUTTE PASTIES

Mrs. Mike Mansfield, wife of the Senate Majority Leader. (This recipe was probably brought from Cornwall, and the pasties were used in the lunch pails of the Butte Miners. Other residents of Butte have also found them good for suppers, picnics, etc., served hot or cold.) This recipe makes 2 pasties.

Plain pie dough
1/2 lb. raw beef steak, diced
1 c. chopped onion
Salt and pepper
1 large Tbsp. butter
1 c. diced rutabagas, if desired
1 medium sized potato, diced

Pie Dough:

1 1/2 c. flour (pastry)
1/2 tsp. baking powder
1 tsp. salt
1/3 - 1/2 c. shortening(butter or other fat)
1/4 c. cold water (approx.)

Sift flour, salt and baking powder together, then mix, shape, roll as in directions.

For 1 pastie: Take half the dough. Roll thin, shape to size of a pie plate. Pile half the potato, onion, meat and if desired, the rutabaga on only half of the round of pie dough, and to within 1 inch from edge. Sprinkle with salt and pepper, dot with butter. Fold other half of this dough over this filling, press edges together well. Place the 2 pasties in pie plate. Cut slit in top of each, into which a teaspoon of hot water should be poured occasionally to keep from drying out. Bake 3/4 hour in hot oven (400°) or until well browned, then reduce heat to 350° for 15 minutes.

PASTIES

This old Cornish dish carried by the miners and still served regularly in upper Michigan, is a favorite of Mr. and Mrs. Lou Frey, Jr. He is Representative from the 5th District in Florida and an active Space Booster and serves on the Committee for Science and Astronautics.

1 pkg. pie crust mix
1 1/2 lb. beef and lean pork
8 large potatoes
1 large onion, chopped fine
Salt, pepper, celery salt, garlic salt to taste
Small amount of suet

Dice meat and potatoes, mix with other ingredients. Fill pie crusts with mixture, fold pie crusts like individual turnovers, bake in 350° oven for approximately 1 hour. Serve individual turnovers with salad and light dessert.

SAUTEED LIVER

Mrs. Barry Goldwater, Jr., sends this as another of their favorites. He is on the Committee for Science and Astronautics

1 1/2 lb. thinly sliced calves liver
3 Tbsp. butter
3 Tbsp. olive oil
Flour, seasoned with salt, pepper, and paprika
Sauteed onion rings and crisp bacon strips

Melt the butter and olive oil together (the oil will keep the butter from burning). Dip the liver slices in the seasoned flour and saute them quickly, allowing about 1 minute to each side. The slices should be crispy brown, but pinkish in the center. Serve with the sauteed onion rings and crisp bacon strips.

VENISON STEW -- FANCY

Bob Sikes, our representative in Washington from the First District of Florida, sent this as his own, along with some of his favorites that Mrs. Sikes makes.

3 - 4 lb. venison
1 c. flour
Salt and pepper
1 lb. fresh sliced mushrooms
1 c. chopped onion
1 green pepper, chopped fine
1/4 lb. butter
1 can tomatoes
1/2 bottle red wine
1 can beef bouillon

Cut venison into 1 inch cubes. Dredge with flour, salt and pepper. Meanwhile, in a heavy iron pot, saute mushrooms, green pepper, and onion. When lightly golden brown, remove from pot, turn up heat and sear meat in butter and juices until cubes are browned on all sides. More butter may be required. Return sauteed vegetables to pot with meat and add tomatoes and enough beef bouillon to cover. Simmer for 2 hours. Add wine, bring to boil, lower heat, and simmer for 1/2 hour longer. Serves 8.

MOCK REINDEER CHOPS

Mr. and Mrs. George W. Cherry like this very special way of fixing lamb chops. He is Deputy Associate Administrator (Programs) NASA, Washington.

6 single loin lamb chops

Place lamb chops in shallow glass pan.

MOCK REINDEER CHOPS (Continued)

Marinade:

1/4 c. olive oil
1/4 c. red wine
1/4 c. lemon juice
1 Tbsp. chopped parsley
1 Tbsp. rosemary
1/2 tsp. salt
1/4 tsp. pepper

Make marinade, combining all ingredients. Pour marinade over them and cover dish, refrigerate for 2 hours. Turn chops over and chill 1 more hour. Remove from marinade when ready to cook. Place lamb chops in broiler and cook 7 minutes on each side. Use some of the marinade on chops while broiling.

LAMB CURRY

This recipe is a favorite of Mr. and Mrs. Allan Brush. He is with the Boeing Company, at the Cape. She was the second President of the Cocoa Beach Woman's Club, and has been the Chairman of the Space Coast Art Show. This serves 8.

3 lb. lamb (shoulder or leg)
1/4 c. flour
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 c. oil
3 c. chopped onion
3 thin strips lime (or lemon) rind
3 cloves garlic, crushed
2 - 3 tsp. curry powder
2 c. coconut milk (substitute: 1 (3 1/2 oz.) can flaked coconut blend with 2 c. boiling water - let stand 30 minutes, strain)
3 thin strips orange rind

Bone and cut lamb into 1 inch cubes. Toss in mixture of flour, salt and pepper. Brown in 1/4 cup oil, a few at a time. Set aside. Add remaining oil, heat and saute onion and garlic until tender, about 5 minutes. Stir in curry powder. Return lamb to pan. Add coconut milk, stir well to blend. Add citrus peel. Cover tightly and simmer until meat is tender, 1 - 2 hours. Before serving, thicken by adding cornstarch, blended with water. Bring to quick boil, stirring constantly. Simmer 5 minutes. Serve with 4 - 5 cups hot, fluffy rice, and the following Jambals (these are served in small rice bowls):

Major Grey's chutney
Chopped peanuts
Chopped crisp bacon
Pineapple pickle
Grated hard boiled eggs
Grated coconut
Chopped green pepper
Bombay duck (small salted fish)
Chopped raisins
Watermelon pickle
Chopped spring onions
Red chili peppers (only the natives can take these)

BEEF 'N BEAN BAR-B-Q

Dr. and Mrs. D. D. Wyatt sent this great dish. Dr. Wyatt is Assistant Administrator for Planning with NASA in Washington, D.C.

1 lb. lean ground beef
1/4 c. diced green peppers
1/2 c. minced onion
1/2 c. diced celery
1 (8 oz.) can tomato sauce
1 Tbsp. brown sugar
1/2 c. water
1 clove garlic, minced
2 Tbsp. wine vinegar
1 tsp. dry mustard
1/2 tsp. thyme
Salt and pepper
1 (No. 2) can (2 1/2 c.) pork and beans

Cook ground beef and vegetables until vegetables are soft. Add tomato sauce, water, garlic, vinegar, mustard, thyme, brown sugar, and seasonings. Blend well and simmer 5 minutes. Pour beans into a 1 1/2 quart casserole, pour meat mixture over. Bake in 375° oven for 45 minutes.

BEEF LOAF

Walter Cronkite of C. B. S. News has been on hand for shots during the entire Space Program. We thank him for this favorite recipe of his. I'm sure we'll enjoy it as much as they do.

Grind:
3 peppers
1 onion

Add 1 cup crushed cornflakes. Drain, reserving juice, 3 1/2 cups tomatoes. Combine the vegetables and add:

2 lb. ground beef
Salt, pepper

Shape into loaf, dredge with flour. Cover with slices of bacon and bake 1 hour at 350°.

HAM LOAF

This is John Glenn's (and him family's) favorite recipe. Yes, John Glenn, the Astronaut, and his lovely wife, Annie, sent it to us.

1 lb. cured ham
1/2 lb. fresh ham
1 1/2 c. dry bread crumbs
2 eggs
3/4 c. milk
Pepper

HAM LOAF (Continued)

Dressing:

1/2 c. water
1/4 c. vinegar
1/4 c. sugar
1 Tbsp. mustard

Mix the first group of ingredients well and form into a loaf. Pour the dressing over it and bake until syrup is thick. Baste dressing up over loaf many times while baking. Bake at 350° for 1 1/2 hours.

HAM LOAF

Another version of a ham loaf which is also a favorite of Mr. and Mrs. Francis L. Williams. He is Director of Analysis and Evaluation with NASA in Washington, D. C.

2 lb. ground ham
1 lb. ground pork
1 c. bread crumbs
Dash of salt
2 beaten eggs
1 c. milk

Basting Sauce:

3 c. light brown sugar
1 c. vinegar
1 c. water
3 tsp. dry mustard

Cook this 5 minutes in saucepan. Mix first 6 ingredients and shape into loaf, place in a flat pan such as a roasting pan or casserole. (Do not use loaf pan.) Pour hot sauce over this and bake at 325° for 2 hours, basting frequently.

Note: This recipe may also be made into small balls and makes excellent cocktail meat balls. Cooking time will be reduced.

POLYNESIAN PORK ROAST

Mr. and Mrs. George Lott have this favorite. He is Chief Administrator, Operations Branch, NASA at the Cape.

1 (12 oz.) jar plum preserves
1 Tbsp. lemon juice
1/2 tsp. soy sauce
3 1/2 lb. rolled pork loin
Salt and pepper

Combine first three ingredients in saucepan. Bring to boil. Sprinkle roast with salt and pepper. Roast at 325° for 40 minutes per pound. Drizzle 1/4 cup sauce over roast during the last 20 minutes. Use rest of sauce for fruited rice.

POLYNESIAN PORK ROAST (Continued)

Fruited Rice: This accompanies the Polynesian Pork Roast.

1 (10 1/2 oz.) can chicken broth (condensed)
1 c. long grained rice
1 (2 1/2 oz.) jar sliced mushrooms
1/3 c. chopped onion
2 Tbsp. melted butter
1 (8 3/4 oz.) can pineapple tidbits
2 Tbsp. diced, canned pimineto
3/4 tsp. soy sauce
1/4 tsp. salt
Pepper

Combine broth and 1 can water in pan. Boil. Stir in rice. Cover. Simmer until liquid is absorbed (25 minutes). Saute mushrooms and onion. Add rest of ingredients. Heat through. Combine with rice.

SZEGED GOULASH (Szegediner Gulyas)

This dish originated in Szeged, a Hungarian city famous for its paprika. It has become a standard dish throughout Central Europe and most of Germany, says Mrs. Karl Sendler, who sent us this recipe. Her husband is Director of Information Systems with NASA at the Kennedy Space Center. It serves 4 - 6.

2 lb. stewing pork, cut into 1 1/4 inch cubes
1 tsp. salt
1/2 tsp. pepper
2 Tbsp. lard or butter
3 onions, diced
2 Tbsp. sweet paprika
3 cloves garlic
1 c. water
1 lb. fresh or canned sauerkraut
1 lb. potatoes, peeled, cut in 1 1/2 inch cubes or 1/2 inch thick slices
1 Tbsp. caraway seed
1 Tbsp. flour
1/2 c. sour cream

Sprinkle pork with salt and pepper. Heat fat. Brown pork cubes slowly on all sides. Add diced onion and cook slowly until soft and golden. Sprinkle with paprika and saute 3 - 4 minutes. Add garlic and water, cover and simmer slowly 25 minutes. If sauerkraut is very sharply flavored, rinse once or twice and drain. Add it to the pork along with potatoes and caraway seed. Cover, bring to a boil, reduce heat and simmer 1 hour, or until potatoes are done. Blend flour into sour cream and pour over sauerkraut and pork, shaking pot from side to side so cream will work its way through. Cover and simmer 10 minutes, or until entire goulash is thoroughly heated. Season to taste, and serve.

Variations: 1. Potatoes can be boiled separately in salted water and served along with this dish. Strictly speaking, it is

not then a "one pot" meal, but it will be easier to reheat leftovers and the sauerkraut will be less inclinded to become pasty.

2. A peeled and sliced apple can be added to the sauerkraut.

3. In Bavaria, 1 tablespoon tomato puree is mixed into and added with sour cream.

STUFFED PORK CHOPS

This is a favorite of Mr. and Mrs. Charles Hollinshead. Chuck is the famous "Voice of Apollo". He will still have a part in the Space Shuttle Program.

6 baking chops (preferably loin) cut with a pocket along fat side
1 1/2 c. toasted bread cubes
1/2 c. chopped, unpared apple
1/2 c. (2 oz.) shredded sharp Cheddar cheese
1/4 tsp. salt
2 Tbsp. light raisins
2 Tbsp. butter or margarine, melted
2 Tbsp. orange juice
1/8 tsp. cinnamon

Sprinkle inside of pocket in each chop with a little salt and pepper. Combine bread cubes, apple, cheese, and raisins. Stir together butter, juice, salt and cinnamon, and pour over stuffing. Mix gently. Stuff chops. Place in shallow baking pan. Bake at 350° for 1 1/4 hours. Cover with foil and bake an additional 15 minutes. Serves 6.

PORK TENDERLOINS

Mrs. Addison Dishman, whose husband retired from Pan American World Airways at Cape Kennedy, sent this recipe of her mothers'.

1 pork tenderloin, cut in 3/4 inch slices and rolled or pounded to 3/8 inch thickness
1 egg, beaten with 1 Tbsp. milk
Fine bread crumbs
Salt, pepper
Fat for frying
1 can mushrooms

Dip each tenderloin patty in the egg mixture, and then in the bread crumbs, and fry in a little butter in a hot skillet. Brown on both sides. Put a little water in the bottom of a pan with a rack in it. Place the browned patties on the rack, cover, and bake in a 325° oven until the meat is thoroughly cooked, about 1 hour. In the skillet, add 2 tablespoons flour to the fat and

drippings, stir until the flour is combined with the fat, add the mushrooms with liquid and enough water to make it the right thickness for gravy. Serve over the tenderloins or pass at the table. Add more salt if needed.

** EXTRA RECIPES **

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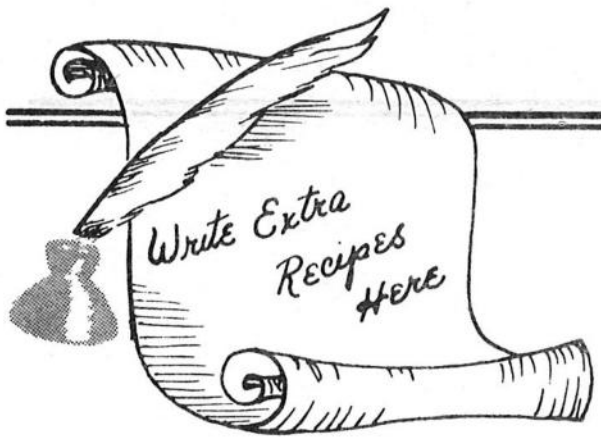
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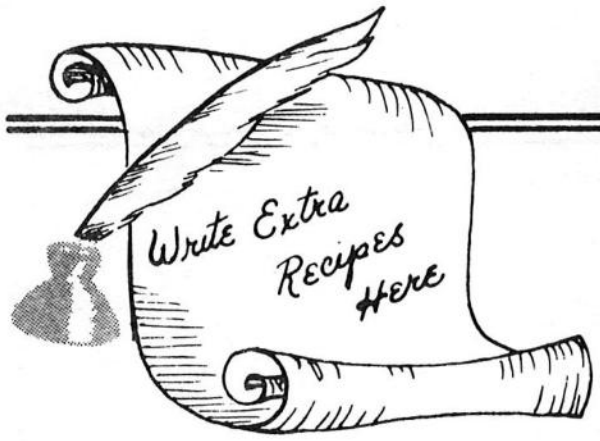
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Florida Hibiscus

VEGETABLES FOR COLOR

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Vegetables yellow, red, or green
Keep the body nice and lean,
By adding color, they do their part,
To make a meal a work of art.

****

PARTY POTATOES

Mrs. Harold Robinson, whose husband owns the All World Travel of Indialantic, gave us this.

Cube 6 - 8 boiled cold potatoes. Add 4 hard boiled eggs, cut up. Mix:

1 pt. sour cream
1 can cream of chicken soup
Salt, pepper
1 tsp. curry powder

Add to potatoes and eggs, mix well, and put in a casserole. Put 1/2 cup shredded sharp cheese on top. Bake, uncovered at 350° for 30 minutes.

POTATO CASSEROLE

This version comes from Mrs. Donald Jacoby, whose husband is with I. B. M. in Orlando

10 medium potatoes, cooked and sliced
Parsley, fresh
1 1/2 medium onions, chopped
1/2 lb. American cheese, dark yellow
1/4 c. milk, or enough to moisten
2 tsp. salt and pepper
Cracker crumbs
Butter

Dice cheese, and chop parsley, combine all ingredients except cracker crumbs and butter. Place in greased casserole. The casserole may be made the day before and refrigerated, covered. Before baking, cover top with cracker crumbs and dot with lots of butter. Bake 45 minutes to 1 hour at 325°.

POTATO CASSEROLE

This version is a favorite of the Arthur Scholz family (The Boeing Company).

4 c. cooked, mashed potatoes (not fine mashed) cooked with 2 tsp. salt
3 c. cream style cottage cheese passed through a sieve
3/4 c. sour cream (commercial)
1 1/2 Tbsp. grated onion
2 tsp. salt
1/8 tsp. pepper

Add the cottage cheese, sour cream, onion, salt and pepper, to the potato. Spread in a shallow buttered 2 quart casserole. Brush surface lightly with melted butter and chopped almonds. Bake in 350° oven for 30 minutes.

SWEET POTATO CASSEROLE

This is from Mrs. Robert L. Krieger, whose husband is Director of Wallops Station, Wallops Island, Virginia.

3 c. mashed sweet potatoes
1 c. sugar
2 eggs
1/2 c. butter or oleo
1 Tbsp. vanilla

Boil sweet potatoes until tender, peel, mash with potato masher, add sugar, eggs, oleo, and vanilla, mix well. Pour into an 8 or 9 inch square baking dish.

Topping:

1 c. firmly packed light brown sugar
1/3 c. flour
1 c. chopped nuts (pecans)
1/3 c. butter

Mix well. Sprinkle over the top of the sweet potatoes. Bake slowly at 350° for almost an hour.

EILEEN'S SWEET YAM CASSEROLE

This is a specialty of Mrs. R. B. Morgan and a favorite of the Morgan family. Mr. Morgan is with McDonnell Douglas Corporation, and he has been associated with the Space Program since 1960. He is one of the founders of the Moonwalk Festival.

2 large cans yams, drained
3 - 4 bananas, sliced
1 c. raisins
1 can pineapple, chunk style, drained

EILEEN'S SWEET YAM CASSEROLE (Continued)

2 pkg. miniature marshmallows
1/4 c. melted butter
1/2 c. orange juice
Cinnamon and nutmeg

Layer ingredients in large casserole dish, beginning with potatoes, next bananas, sprinkle with raisins and marshmallows, potatoes, pineapple chunks, banana slices, raisins and marshmallows. Top layer must be marshmallows. Sprinkle with nutmeg and cinnamon, then pour mixture of melted butter and orange juice over casserole. Bake at 350° for approximately 30 minutes.

HOMINY CASSEROLE

Mrs. Henry Taylor, whose art work appears in this book, contributed this. Her husband is a retired Air Force Colonel, who is now Administrative Service Manager, Technicolor Services.

2 eggs
1 1/2 c. milk
1 (1 lb. 13 oz.) can hominy drained
2 tsp. salt
Dash of pepper
3 Tbsp. butter or oleo
1/2 c. corn meal

Heat oven to 350°. In 1 1/2 quart casserole, beat eggs slightly, add milk, then hominy, corn meal, salt and pepper. Stir slightly to mix after each addition. Sprinkle in salt and pepper, dot with butter. Bake until mixture is set, about 45 minutes to 1 hour. Leftover casserole may be sliced when cold and fried as one does corn meal mush.

MERCER LIVERMORE SOUTHERN GRITS

This recipe comes from Mercer Livermore, who has been a Space Coast Radio Broadcaster for 25 years. If you don't know Mercer, you just aren't listening in Brevard. She also helped Idalee Scholz with information for her chapter on Cocoa Beach.

1 c. grits, cook first as directed
1/2 stick butter
2 eggs
2 c. grated cheese, loosely packed
1 clove garlic
Salt to taste

Mix all ingredients except egg yolks, chop garlic into small pieces, and add. Put in egg yolks, mix well. Whip egg whites and fold in. Bake in 350° oven for 45 minutes to 1 hour.

BAKED RICE

Mrs. Edward M. Cortright, whose husband is Director of Langley Research Center, Hampton, Virginia, sent us this recipe, which may be fixed a day ahead. Serves 6 - 7.

2 tsp. salt
2 c. water
1 c. long grain rice
1/3 c. butter or oleo
Dash of garlic salt
1 (4 oz.) can (1 3/4 c.) chicken broth or bouillon cubes
Finely snipped parsley
1/4 c. toasted, slivered almonds

Add salt to water, bring to boiling, and pour over rice. Let stand 30 minutes. Rinse rice with cold water, drain well. Melt butter in skillet. Add rice and cook over medium heat, stirring frequently until butter is almost absorbed, about 5 minutes. Turn rice into 1 quart casserole, sprinkle with garlic salt. Pour broth over. Bake covered at 325° for 45 minutes. Add parsley and fluff with fork. Sprinkle with almonds. Bake uncovered, 10 minutes longer. If done the day ahead, allow 15 minutes extra baking time.

RICE

Mrs. Robert Prentice, whose husband is a stock broker.

1 stick butter
2 c. rice
4 c. bouillon (2 cans plus water)
2 cans mushrooms
2 medium onions, chopped

Melt butter in large frying pan, add onions and rice, and brown slightly. Add bouillon, 2 cans drained mushrooms, and oregano to taste. Simmer for 25 minutes.

BOILED WILD RICE

Mrs. John Mace (John is with NASA at the Cape). See her recipe for Pheasant.

Add 1 cup wild rice (thoroughly, but thoroughly rinsed) to 4 cups salted boiling water. Boil from 20 - 30 minutes, or until rice is fluffy. Stir frequently with fork. Drain, add butter, salt, and pepper. Makes 4 - 6 servings.

WILD RICE DRESSING FOR PHEASANT OR DUCK

Also Mrs. Mace's.

Boil 2/3 cup wild rice as above. Add diced ham bits, a sliced onion, 1/3 cup currants. Season with salt, pepper, and dash of sage. Stuff bird with hot rice dressing just before roasting.

RICE PILAF

Mrs. Richard Stottler, whose husband is with Brevard County Engineering Co., gave this.

4 Tbsp. butter or margarine
1 c. long grain rice (not minute rice)
1 onion, chopped
1 tsp. oregano
1/4 tsp. pepper
1 can consomme
1/2 can water
1 tsp. salt

Saute onion in butter. Brown rice until golden. Add other ingredients. Simmer 25 minutes.

PEGGY'S RANCH STYLE FRIJOLES

Mrs. Barry Goldwater, wife of the Senator from Arizona. He is on the Committee on Aeronautical and Space Science.

2 lb. pinto beans
2 large onions
4 cloves garlic
2 tsp. salt
1/2 tsp. black pepper
1 can taco sauce
1/2 tsp. cumino seed
1 can roasted green chilies
1 can tomatoes

Soak pinto beans in cold water overnight. Drain, wash and cover with about 2 inches of water. Add salt and boil over moderate heat for about 1 hour, adding water as needed. Dice onion and garlic. Chop green chilies. Mix the garlic, onion, and chili with the taco sauce and tomatoes. Stir this into the beans. Cook over reduced flame for 1 1/2 hours or until beans are tender. If spicier beans are desired, this may easily be achieved by the addition of a teaspoon or two of red chili powder. This is a matter of preference. Those who have lived in the Southwest very long do prefer the beans with this additional flavoring.

This recipe for Mexican style frijoles is very simple, and the dish is extremely delicious. The beans may be reheated the next day, or frozen for eating weeks or months later. When reheating, add a small quantity of water or a small can of tomato sauce and stir to prevent burning.

PEGGY'S RANCH STYLE FRIJOLES (Continued)

Variation: These frijoles may be easily converted into a delicious chili con carne by the addition of chopped beef (2 pounds), sauteed until brown with a chopped onion, in any kind of cooking fat, and added to the beans after the hour of cooking. (Pinto beans: Variety of mottled field beans of the same species as the kidney bean.)

BEAN CASSEROLE

Thanks to Mrs. Frank Hann (her husband is Director, Financial Management Division with NASA in Washington, D. C.) for this. Serves 6 - 8.

2 tsp. butter
1 tsp. salt
1 tsp. sugar
2 tsp. flour
1/4 tsp. pepper
1/2 tsp. onion, grated
1 pt. sour cream
2 pkg. French beans, frozen
1/2 lb. Swiss cheese
2 small pkg. cornflakes
2 tsp. melted butter

Melt butter, stir in flour, salt, pepper, sugar and onion. Add sour cream, stir until thick. Fold in cooked beans, turn into buttered casserole. Combine grated cheese and crushed cornflakes, mix with butter, sprinkle over the top. Bake at 400° for 20 minutes.

CALIFORNIA BEANS

Mrs. Richard C. McCurdy, whose husband is Assistant Administrator of Organization and Management, NASA, Washington, D. C., says this is one of the very few that she can call an "old family recipe". They are particularly good with barbecued beef.

2 lb. pink beans or red kidney beans
1/2 c. brown sugar
4 chili peppers (or a handful of chili powder)
Water to cover a depth of 2 inches more or less
4 large onions, coarsely chopped
1/2 lb. salt pork
8 - 12 cloves of garlic

Simmer all together for 3 - 4 hours, checking to see that they can't boil dry. Add 1 quart can tomatoes and continue cooking for 2 hours more. Just before removing from fire, add 1/2 pound grated Cheddar cheese.

ARTICHOKES A LA ITALIANO

Rose May Woods, Secretary to President Nixon, sent this favorite.

Trim leaves and wash artichokes. Sprinkle with Accent, dash of garlic powder, parsley flakes, salt and pepper. Sprinkle generously with flavored bread crumbs, preferably Progresso brand. Sprinkle Parmesan cheese in and on top of each artichoke. Add 2 teaspoons of oil on top of each artichoke. Cook in water which comes up to about 1/4 of the artichoke, until tender.

ASPARAGUS AU GRATIN

Mrs. John Mace gave this delicious recipe.

2 pkg. frozen asparagus spears, cooked
1 c. grated sharp cheese
1/2 c. blanched, slivered almonds
2 c. medium white sauce
1/2 c. bread crumbs

Arrange ingredients in order given, making 2 layers of each. Bake in buttered casserole 45 minutes at 350°.

QUICK CORN FRITTERS — Mrs. Harold Robinson

Add 1/2 cup pancake flour to a 12 ounce can (1 3/4 cup) whole kernel corn, not drained. Mix and drop by heaping teaspoonfuls into 1 inch hot fat (375°). Cook until golden brown, turning once. Drain on paper and serve hot with butter or syrup.

PEPPER AND CORN CASSEROLE

Mrs. Roy P. Jackson, (husband is Assistant Administrator for Advanced Research and Technology with NASA in Washington, D. C.) contributes this unusual recipe.

2 c. canned cream style corn
3/4 c. milk
1/4 c. melted bacon fat
2 eggs, slightly beaten

Combine with:
1 c. yellow corn meal
1/2 tsp. baking soda
1 tsp. salt

Pour half of batter into greased 9x15x3 inch pan. Layer with 2 (4 ounce) cans whole Ortega green chili peppers (remove seeds by rinsing under cold running water), 1/2 cup shredded Cheddar

PEPPER AND CORN CASSEROLE (Continued)

cheese. Pour rest of batter over and top with 1/2 cup more of shredded Cheddar cheese. Serves 6 - 8. Bake at 400° for 30 minutes.

SCALLOPED CORN

Mrs. R. Bryan Grigsby, whose husband is a Propulsion Engineer with NASA at Kennedy Space Center, has this favorite.

Saute 1/4 cup each diced onion and green pepper in 2 tablespoons butter. Blend:

2 Tbsp. flour
1/2 tsp. salt
1/2 tsp. paprika
1/4 tsp. dry mustard
1/4 tsp. seasoned pepper

Add 3/4 cup milk, boil 1 minute. Add 1 (No. 303) can whole kernel corn, drained, 1 egg, slightly beaten. Top with buttered bread or cracker crumbs. Bake 25 minutes in 350° oven.

ONION PIE

Mrs. Olin Teague, wife of the Honorable Olin E. Teague who is the Representative from the 6th District of Texas and on the Committee on Science and Astronautics.

1 1/2 c. thinly sliced onions
2 Tbsp. butter
1/4 c. melted butter
1 1/2 c. cracker crumbs
1/4 tsp. curry powder
1 c. scalded milk
1 (4 oz.) can mushrooms
1/2 tsp. salt
Few grains cayenne pepper
2 eggs, well beaten
1 1/2 c. grated sharp cheese

Saute the onions for 5 minutes in 2 tablespoons butter. Mix 1/4 cup melted butter with 1 cup cracker crumbs, and mash into a 9 inch pie pan for crust. Put onions and mushrooms on top of this. Mix the other ingredients and pour over the onions. Top with remaining cracker crumbs, and bake 1 hour at 350° or until firm and golden brown. Serves 4.

RUTABAGAS DELUXE

Mrs. Harold Robinson (All World Travel of Indialantic).

Peel rutabagas and cut into even chunks. For each medium rutabagas, add 1 large potato, peeled, and cut in chunks. Cook

RUTABAGAS DELUXE (Continued)

covered in salted water with 2 tablespoons sugar added, until tender. Drain well and mash thoroughly. Add large piece of butter, some heavy cream, salt, pepper. Beat until fluffy.

SPINACH SOUFFLE — Mrs. Ralph Ross

2 pkg. frozen, chopped spinach
3 eggs
1 1/4 c. milk
1 tsp. salt, pepper
Butter

Cook spinach until thawed in salted water. Whip eggs and milk in blender until foamy. Add salt, pepper and well drained spinach. Continue to whip in blender until spinach is finely chopped. Place in well buttered casserole and dot the top with butter. Set casserole in pan of hot water and bake at 350° for 35 minutes, or until firmly set. Serves 6.

SCALLOPED TURNIPS

"Another of the Speaker's favorites -- he is a "Country Boy" and loves fresh vegetables and greens, "writes Mrs. Carl Albert.

3 medium sized turnips
2 Tbsp. butter
2 Tbsp. flour
1 1/2 c. milk
1 tsp. salt
1/8 tsp. pepper
1/2 c. grated cheese

Peel the turnips, cut them in slices, and boil them for about 15 minutes in boiling, salted water. Make a white sauce with butter, flour, milk, salt, and pepper. Pour this over the turnips and sprinkle cheese on top. Bake for about 2 minutes and serve very hot.

RATATOUILLE

This comes from Mrs. Otto Lerz who has hostessed many a Cocoa Beach Woman's Club party.

2 medium green peppers
3 medium zucchini
5 small yellow squash
1 medium sized eggplant
1/2 lb. small mushrooms
1 c. thin sliced onions
2 sloves garlic, crushed
1 1/2 tsp. salt
1/8 tsp. pepper
1 Tbsp. chopped parsley
1/2 Tbsp. oregano
1 c. whole tomatoes

RATATOUILLE (Continued)

Saute pepper and onions in hot skillet, add mushrooms, cut squash, and diced eggplant, and other ingredients. Cook until tender. Turn into shallow baking dish. Cover with bread crumbs and grated cheese, and bake 10 - 15 minutes in 350° oven.

CURRY BAKED FRUIT

This is not a vegetable, but it is fruit used in place of a vegetable. It comes from Mrs. Anthony Lozica, whose husband is retired from General Motors.

1 large can pineapple
1 large can peaches
1 large can pears
1 large can apricots
1 stick butter
1 c. brown sugar
1 tsp. curry powder

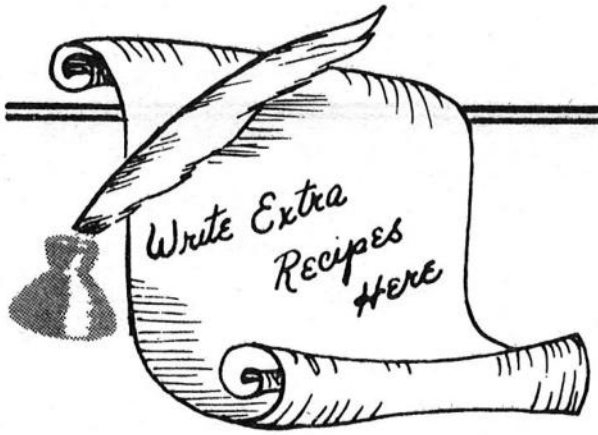
Drain and dice fruit. Place in casserole. Cream butter, sugar and curry, and place over fruit. Bake in covered dish for 45 minutes in 350° oven.

VEGETABLES ORIENTAL

This one is from Mrs. John Dishman who was with I. B. M. at the Cape before her marriage. It is delicious with meat fondue, dipped in soy sauce.

1 medium head cabbage (regular or Chinese)
1 medium onion
1 small can water chestnuts, sliced
1 small can bamboo shoots
Salt, pepper, soy sauce, to taste
Oil to coat pan

Cut cabbage and onion in thin slices. Drain bamboo shoots and water chestnuts and slice. Wash all vegetables, and drain well on paper towels. Heat oil in skillet on medium heat, toss vegetables together in skillet. Season with salt, pepper, and soy sauce. Cook 5 - 7 minutes, turning occasionally. Make sure vegetables remain crisp.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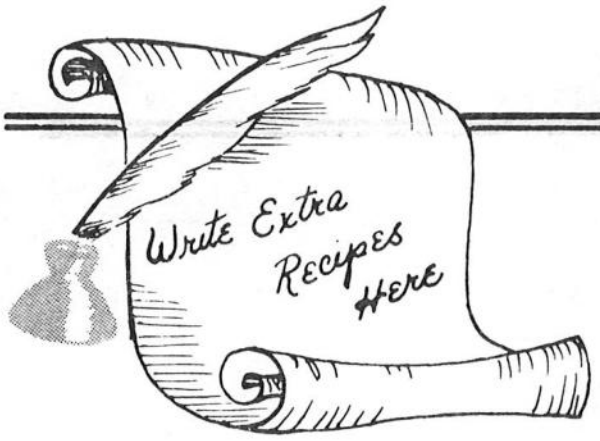
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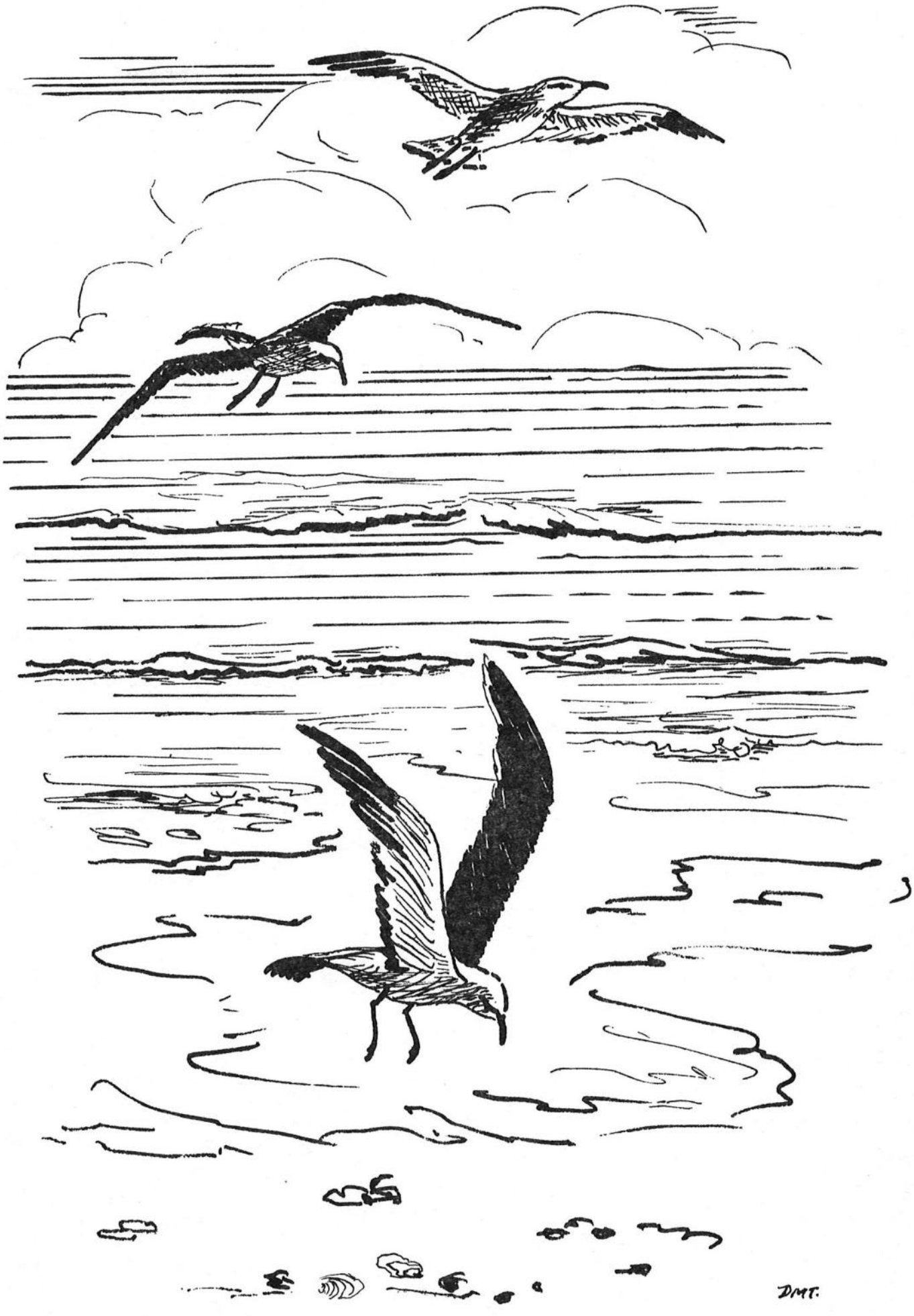
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Bread is called the staff of life,
Butter while hot with a silver knife,
Eat it for breakfast, luncheon or dinner,
Homemade bread is always a winner!

****

SAFFRON BREAD

Glen T. Seaborg, with the Lawrence Berkeley Laboratory, University of California, who is on the National Aeronautics and Space Council and on the Atomic Energy Commission, writes that his favorite recipe "is a Swedish dish which was made by my mother, and is still enjoyed in the Seaborg home". Thanks for sharing it with us.

8 c. flour
2 1/2 c. milk, lukewarm
1 tsp. saffron
1 egg
2 yeast cakes
1 c. margarine, melted
1 1/2 c. sugar
1 c. mixed glazed fruits

Dissolve yeast cakes in 1/2 cup of the milk. Mix milk, saffron, sugar, salt, egg, margarine, and a little flour. Add yeast, remaining flour and glazed fruits, and beat until firm and smooth with a wooden spoon. Sprinkle with flour. Let rise, covered with towel, until double in size. Knead smooth on floured board. Divide and shape into loaves. Cover and let rise again. Brush with lightly beaten egg. Sprinkle with sugar. Bake in moderate oven, 375°.

PORTUGUESE SWEET BREAD — Mrs. Addison Dishman

10 c. flour
2 c. (scant) sugar
2 Tbsp. salt
1/2 c. butter
1/2 c. Crisco or margarine
5 eggs
1 yeast cake (in winter 1 1/2)
1 pt. or more, scalded milk
1 jigger whiskey

Have butter and Crisco at room temperature. Soften yeast cake in warm water. Scald milk and set aside until lukewarm. Add butter, Crisco, milk, yeast, whiskey, and eggs, blended together, to dry ingredients and mix thoroughly by hand to make pliable dough. Knead until it is elastic and no longer sticks to the fingers. Cover and let rise overnight. Punch down in the

morning, knead and shape into round loaves, and let rise until double. Bake 1 hour in low moderate oven. Don't let it get too brown.

COFFEE CAKE

A favorite of Mr. and Mrs. C. G. Smith. He is Program Integration Manager for The Boeing Company.

1 c. butter or margarine
1 1/2 c. sugar
2 eggs
1 c. commercial sour cream
1/2 tsp. soda
1 1/2 tsp. baking powder
2 c. flour
1 tsp. vanilla
3/4 c. chopped nuts
1 tsp. cinnamon
2 Tbsp. sugar

Mix last three ingredients and set aside. Combine butter, sugar, and eggs. Beat until fluffy. Sift together flour, soda and baking powder, and pinch of salt. Add alternately with sour cream to butter mixture. Add vanilla and mix. Grease and flour Angel Food cake pan. Spoon half of butter mixture into pan. Sprinkle half topping mix over this. Add remaining batter. Add remaining topping and swirl into top half. Place in cold oven. Bake at 350° for 55 - 60 minutes. Let cool. Serve from pan. May make day ahead, cover to keep, and then reheat about 15 - 20 minutes.

COFFEE CAKE

This is a favorite of the H. L. Bartners. He is Quality Control Manager for The Boeing Company.

1 c. shortening
2 c. sugar
4 eggs
3 c. flour (don't sift)
2 tsp. baking powder
1 tsp. vanilla
1 c. milk
1 tsp. salt

Mix all together with beater. Mix 5 tablespoons sugar, 1 tablespoon cinnamon. Grease Angel Food pan well. Dust bottom of pan with sugar, cinnamon mixture. Put part of cake mixture in and cut in some of cinnamon. Continue this, saving 1 teaspoonful of mix for top. Bake 1 hour at 350°. Cool slightly, remove from pan. Very good warm.

SWEDISH COFFEE BRAIDS

Mrs. Richard Stottler -- Brevard Engineering.

1 pt. warm milk
1/4 lb. margarine
1 yeast cake or pkg. dry yeast
1/4 tsp. salt
8 cardamom seeds (this is what gives the unique smell and taste)
Flour
1 egg, plus 1 yolk
1 c. sugar

Mix first five ingredients together. Add flour until it is the consistency of cake batter. Let rise. Add 1 beaten egg and 1 cup sugar. Blend well and add flour (about 3 1/2 cups). Knead and let rise. Braid and let rise again. To braid, divide dough into 3 equal portions. Divide each portion into three. Roll each small portion until it looks like a snake. Braid 3 of these and place on greased cookie sheet. Mix an egg yolk with 1 tablespoon of water. Brush this over the tops. Sprinkle generously with sugar and cinnamon. Bake at 325° about 20 minutes. Makes 3 coffee braids.

POTATO REFRIGERATOR ROLLS

Mrs. John Mace (husband with NASA at the Cape) - Past President of the Woman's Club.

1 1/2 c. warm water (potato water)
1 pkg. yeast
2/3 c. sugar
1 1/2 tsp. salt
2/3 c. soft shortening (half oleo, half Crisco is good)
2 eggs
1 c. lukewarm mashed potatoes
7 - 7 1/2 c. sifted flour

Place warm potato water in large mixing bowl, add yeast, stirring to dissolve. Stir in sugar, salt, shortening, eggs and potatoes, add flour until dough is easy to handle. Turn onto lightly floured board, knead until smooth and elastic. Place in greased bowl and grease top of dough, cover with damp cloth (I cover with several thicknesses of waxed paper and then damp cloth. Keep cloth damp if it dries out.) Place in refrigerator overnight or at least 2 hours. Two hours before baking, shape dough into rolls. Cover, let rise until doubled, 1 1/2 - 2 hours. Bake 12 - 15 minutes at 400°. Yield: 4 - 6 dozen rolls. (I have kept this dough as long as a week in refrigerator, have to punch it down from time to time as it always rises out of the bowl.)

EASY BANANA BREAD

Mrs. Richard Stottler -- Brevard Engineering.

Cream:

1/2 c. margarine
1 c. sugar

Add 2 eggs. Blend in:

2 c. flour
1 tsp. baking powder

Add:

3 ripe bananas, crushed with a fork
1/2 c. pecans

Bake in well greased loaf pan at 350° for 1 hour to 1 hour and 20 minutes.

WHEAT GERM FRUIT SALAD

This is a perfectly delicious and nutritious bread, a favorite of the Rodney Ketchums. He is in Building and Development.

3/4 c. chopped walnuts
1/3 c. snipped dates
1/3 c. snipped apricots
1/3 c. raisins
1 1/2 tsp. baking soda
3 Tbsp. butter
1/2 tsp. salt

Combine and let stand about 20 minutes. Heat oven to 350°. Grease 5x3x9 inch loaf pan.

2 eggs
1 tsp. vanilla
1 c. plus 2 Tbsp. sifted flour
1 c. sugar
1/3 c. wheat germ

Beat eggs with fork, then add gradually, vanilla, sugar, wheat germ, and flour. Stir in flour just until blended. Pour into loaf pan and bake 1 hour. Let cool in pan 10 minutes before turning out on rack to complete cooling.

MEXICAN CORN BREAD

Mrs. Mosley says this is one of the favorites of her husband, Lt. Col. Robert L. Mosley, Space Shuttle Projects office, Kennedy Space Center. Especially good with a Mexican dinner, also as a hot hors d'oeuvre.

MEXICAN CORN BREAD (Continued)

1 c. yellow corn meal
1/4 c. sugar
1 tsp. salt
1 c. sifted flour
3 tsp. baking powder

Combine dry ingredients. Add:

1 egg
1/4 c. milk
1/4 c. salad oil
1 (No. 303) can cream style corn
1 c. cottage cheese

Stir lightly. Pour half of batter into 9 inch square casserole (well greased). Add:

Layer of 1/2 lb. diced Longhorn cheese
1 (4 oz.) can chopped (roasted and peeled green chili peppers)

Pour rest of batter over this. Bake at 425° for 30 - 40 minutes until golden on top. Serves 10 - 12.

DOUBLE CORN MUFFINS

Mrs. Donald Jacoby has this unusual recipe. (He is I. B. M.)

1 c. flour
2 Tbsp. sugar
2 tsp. baking powder
3/4 tsp. salt
1 c. yellow corn meal
1 beaten egg
1 (8 3/4 oz.) can creamed corn
3/4 c. milk
2 Tbsp. cooking oil

Sift dry ingredients together and stir in corn meal. Mix egg, corn, milk, and oil together, and stir in dry mixture just until moistened. Bake at 425° in muffin pans for 20 minutes.

CORN PONE OR JOHNNY CAKE

Mrs. Jack Miller, wife of Senator Jack Miller of Iowa.

1 Tbsp. shortening
1 Tbsp. sugar
1 c. sour or buttermilk
1 1/4 c. flour
1 tsp. baking soda
3/4 c. corn meal
Salt

Mix, put in well greased pans and bake in hot oven 20 minutes.

OLD FASHIONED SPOON BREAD — Mrs. R. Bryan Grigsby

1 c. corn meal
3 eggs
3 c. milk
1 1/2 sticks butter
2 tsp. salt
2 tsp. baking powder

Cook meal and milk to thicken. Stir. Add butter, salt, and baking powder. Beat eggs and add to milk mixture, pour into a heated buttered pan 8x8x2 inches. Bake at 375° for 30 minutes. If halved, use 2 eggs, 1 teaspoon baking powder.

****

Cakes and cookies, cookies and cakes --
Whichever it is the gourmet bakes,
It's bound to be magic and disappear,
And bring to the baker a rousing cheer.

****

APPLE CAKE

Mrs. David Jones, wife of the Commanding Officer of the Eastern Test Range, Cape Kennedy, gave us her version of an Apple Cake.

1 c. oil
2 c. sugar
4 eggs
1 tsp. cloves
1 tsp. salt
1 tsp. cinnamon
1 tsp. soda
1/2 tsp. nutmeg
3 c. flour

Fold in:

4 c. chopped apples
1 c. chopped nuts
1 tsp. vanilla
1 c. dates, optional

Bake in 2 (9 inch) layer pans at 350° for 45 minutes.

Icing:

1 stick butter
1 (8 oz.) pkg. cream cheese
1 box powdered sugar
2 tsp. vanilla
Add milk as necessary

RAW APPLE CAKE

Don Alford, who was a member of the group that flew the helicopters to France non-stop, was attached to the helicopter recovery group at the Cape. This is his favorite cake (and one of his wife's, Colette's) and was given to her by Don's mother, Mrs. Tina-Mae Alford of Texas.

Preheat oven to 350°. Beat:

2 eggs
1 1/4 c. sugar

Beat until fluffy, add 1/4 cup Wesson oil. Sift together and fold in above mixture:

1 1/2 c. flour
1/2 tsp. salt
1 tsp. soda

Add:
1 tsp. vanilla
1/2 c. chopped nuts
2 c. raw apples, cut in small pieces

Bake in 15x10x2 inch or 13x9x2 inch pan for about 30 minutes. This cake may be frozen. Serve cool.

APPLE DAPPLE CAKE

Mrs. Harold Robinson

Mix:
1 1/2 c. cooking oil
2 c. sugar
3 eggs
2 tsp. vanilla

Sift together and add to above mixture:

3 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg

Fold in:
1 c. chopped pecans or walnuts
3 c. chopped, peeled apples

Bake in greased tube pan 1 hour at 350°. When done, make topping:

1/2 c. packed brown sugar
1/8 c. milk
1/2 stick margarine or butter

Cook 3 minutes and pour over hot cake.

IDALEE'S APPLE CAKE

From Mr. and Mrs. Arthur L. Scholz. He is Lunar Rover Project Manager at K.S.C. for The Boeing Company. He has been active in the Bomarc Missile (1953), Minuteman Missile, Saturn Program, Apollo Saturn, and now the Moon Buggy.

Beat together:

2 eggs
1/2 c. salad oil

Mix:

2 c. sugar
2 c. flour
2 tsp. cinnamon
1 tsp. soda
1/4 tsp. salt

Add to the eggs and oil. Add:

2 tsp. vanilla
3 c. diced apples
1/2 c. nuts (black walnuts)

Bake 35 - 45 minutes at 350°. Ice while warm with:

2 (3 oz.) pkg. cream cheese
3 Tbsp. butter
1 1/4 c. powdered sugar
1 tsp. vanilla

Beat together.

GERMAN APPLE CAKE

Another recipe from Mrs. Don Jacoby (I.B.M.)

4 c. apples, chopped fine
2 c. sugar
1/4 lb. margarine
2 beaten eggs
2 c. flour
1/2 tsp. salt
2 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 c. nuts
1/2 c. raisins, boiled 1 minute to soften

Chop apples and set aside. Cream sugar and margarine, add eggs. Sift dry ingredients and add to mixture. Add 2 cups apples and mix well. Fold in remaining apples, nuts and raisins by hand. Bake in greased and floured 9x13 inch pan for 40 minutes in 350° oven.

APRICOT-LEMON SUPREME CAKE

Mr. Norman Wise is Launch Vehicle Processing and Assurance Supervisor with The Boeing Company at the Cape. His wife, Kathryn, sent this favorite.

Mix together the following ingredients:

1 Duncan Hines lemon supreme cake mix
3/4 c. salad oil
1/2 c. sugar
1 c. apricot nectar

Add 4 eggs, beating well after each one. Bake 1 hour at 325°. Top when warm with:

1 c. powdered sugar
Juice of 1 lemon

BANANA CAKE

Mrs. Jack Miller, wife of Senator from Iowa.

1/3 c. butter
1 1/2 c. sugar
2 eggs
1 c. mashed bananas
4 Tbsp. thick milk
1 c. or less English walnuts, ground
1 tsp. baking soda, dissolved in the milk
1 tsp. baking powder
2 c. flour
1 tsp. vanilla

Cream butter and sugar, add eggs, bananas, milk, walnuts, and flour, baking powder and vanilla until all is smooth. Put in greased and lightly floured pan. Bake 30 - 40 minutes in moderate oven (350°).

BANANA CAKE

Mrs. Thomas Groover sends us this recipe of her mother's.

1/2 c. butter
1 1/2 c. sugar
2 1/2 c. flour
1 c. nuts (pecans)
1/2 c. milk
1 c. bananas, mashed
1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
2 eggs
1/2 tsp. salt

Cream butter and sugar. Add bananas, nuts and eggs. Sift flour, baking powder, soda and salt. Add sifted dry ingredients alternately with milk. Bake in Angel cake pan at 350° for 1 hour.

BLUEBERRY CAKE

Margaret Chase Smith, former Senator from Maine, who served on the Committee for Aeronautical and Space Science.

Spry or Crisco size or a large egg
1 c. sugar
1/4 tsp. salt
1 c. milk
2 eggs
2 c. sifted flour
4 tsp. baking powder
1/2 tsp. vanilla
Pinch of nutmeg
2 c. blueberries

Beat shortening, sugar and salt with electric beater until creamy. Add eggs, beating until frothy. Add milk and beat until smooth. Sift baking powder with sifted flour and add to above mixture. Add vanilla and nutmeg. Fold in the blueberries, being careful not to mash them. Bake 30 minutes at about 425°.

LEMON GLAZED SUPREME

Mrs. Sanford H. McDonnell, wife of the Chairman of the Board of McDonnell Douglas.

1 Duncan Hines lemon supreme cake mix
1 c. apricot nectar
1/2 c. Crisco oil
4 eggs
1 c. powdered sugar
1 lemon

Mix cake mix with apricot nectar, Crisco oil, 4 eggs, added one at a time. Pour mixture in well greased Bundt pan and bake at 325° for 1 hour. Mix juice of 1 lemon with 1 cup powdered sugar and pour over warm cake to make glaze.

MANGO SAUCE CAKE

Another recipe from Hawaii. Mango sauce is made with green or half ripe mangoes, the same as applesauce is with green apples. Mrs. Denison (Mrs. Dishman's mother).

1 1/2 c. sugar
1 c. butter
1 c. mango sauce
1/2 c. water
2 c. flour
3 tsp. baking powder
1/2 tsp. salt
1 tsp. each: cinnamon, nutmeg, and ginger

Cream butter and sugar, add mango sauce and spices. Add flour and water alternately and other ingredients. Bake in 1 or 2 layers. When cool, spread first layer with mango jam (plum jam may be used) and cover with a white frosting.

PINEAPPLE ICEBOX CAKE

Mrs. Robert Hock gives this favorite for a post-launch party. Her husband is with NASA on the Sky-Lab Russian-American Program.

1 Angel Food cake
2 c. cold water
2 c. sugar
2 envelopes plain gelatin
1 (No. 2) can crushed pineapple
2 Tbsp. lemon juice
1 pt. whipping cream

Boil sugar and water for 1 minute. Remove from heat and add gelatin which has been softened in 1/2 cup cold water. Add pineapple and lemon juice. Partly cool until it begins to set, then fold in whipped cream, leaving just enough with which to frost the cake later. Break the cake into bite sized pieces, and fold into the gelatin mixture, pour into a greased mold (an Angel Food cake pan will do). Let the cake remain in the refrigerator for 24 hours.

PINEAPPLE UPSIDE DOWN CAKE

This is the original recipe from Hawaii. Mrs. Dishman.

1 square butter
1 c. sugar
1 can crushed pineapple, drained but save juice

Put all in a pan and let cook about 15 minutes.

Sponge Cake:

3 eggs
1 c. sugar
6 Tbsp. pineapple juice
1 c. flour
1 tsp. baking powder

Beat egg yolks well. Add sugar slowly. Add pineapple juice and flour with baking powder, beat well. Fold in stiffly beaten egg whites. Pour over pineapple mixture and bake 30 minutes at 350°. Turn upside down and when cool, serve plain or with whipped cream. Sponge cake can be made with orange juice instead.

PINEAPPLE TORTE — Mrs. Harold Robinson

Slice 1 large Angel cake to make 3 circles.

Filling:

1 large can crushed pineapple undrained
1 pkg. instant vanilla pudding

PINEAPPLE TORTE (Continued)

Mix, let stand 5 minutes to thicken. Add 1 pint heavy cream, whipped stiff. Spread between layers and all over cake. Chill at least 1 hour.

PRUNE NUT CAKE — Mr. and Mrs. Keith Hurlburt

2 c. self rising flour
2 c. sugar
1 c. salad oil
4 eggs
1 Tbsp. instant coffee or tea
1 c. chopped nuts (I use sunflower seed)
1 (7 1/2 oz.) jar Junior baby food prunes

Combine and mix in large bowl. Bake in a Bundt pan or Angel Food cake tin for 1 hour at 325°.

PRUNE CAKE

This came from Mrs. Donald Antonacci, whose husband is a Mechanical Engineer with the U.S. Air Force Eastern Test Range Patrick Air Force Base, Florida. The prune cake is also a favorite of Dr. and Mrs. Hans Mark of Los Altos, California. Thank you Dr. and Mrs. Mark. Dr. Mark is at the Ames Research Center, Moffett Field, California.

Their recipe never arrived, so I hope that one of ours is similar to theirs.

3 eggs
1 1/2 c. sugar
1 c. salad oil
2 c. plain flour
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. baking soda
1 tsp. allspice
1 c. buttermilk
1 c. prunes, cooked and chopped
1 tsp. vanilla
1 c. nuts, chopped (opt.)
1 pinch of salt

Blend sugar and oil together thoroughly, add eggs one at a time, then add dry ingredients which have been sifted together, alternating with the milk. Next, add vanilla, nuts and prunes. This batter will be thin. Pour into greased and floured oblong pan (or squares). Bake at 300° for about 55 minutes, or until cake is done when tested. After cake is baked, leave it in pan in which it has been baked. Cut in squares and serve with whipped cream.

PRUNE CAKE

Mrs. Dishman says this cake of her mother's may be like yours, Mrs. Mark.

1 c. sugar
2 rounded Tbsp. butter
2 eggs
1 c. chopped prunes
1 1/4 c. flour
1 large Tbsp. chocolate
1 tsp. nutmeg, cinnamon, and cloves all together
1 tsp. soda in
1/2 c. prune juice

Cream sugar and butter. Add eggs, and beat well. Then add the chocolate and spice. Alternate a little flour and prune juice until all are used. Beat well and bake in 2 layers. Use a white frosting, or whipped cream.

PUMPKIN CAKE

Mr. and Mrs. E. Hugh Bachman (Production Control Manager, McDonnell Douglas Astronautics Company).

4 eggs
1 1/2 c. Wesson oil
2 c. sugar
2 c. pumpkin
2 c. plain flour
1 tsp. salt
2 tsp. soda
2 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
2 tsp. vanilla
1/2 c. pecans
1/2 c. coconut

Beat eggs and add sugar, oil, pumpkin, and sifted dry ingredients. Stir in nuts and coconut. Bake in 9x13 inch pan at 350° for 35 minutes.

Frosting:

1/2 c. butter
1 box powdered sugar
8 oz. pkg. cream cheese
1 tsp. vanilla
1/8 tsp. salt
1/2 c. pecans
1/2 c. coconut

Mix together, thin with milk or cream.

TOMATO SOUP CAKE — Mrs. Grover C. Ingersoll

2 tsp. shortening
1 c. sugar
1 c. tomato soup
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1 1/2 c. flour
1 tsp. baking powder
1 tsp. soda
1 c. raisins

Beat all together in a bowl. Bake in greased pan for 40 minutes at 350°.

DUMP CAKE

Mr. and Mrs. J. E. Morrison sent this delightful favorite. He is Skylab Manager with The Boeing Company.

Preheat oven to 350°. Use ungreased 9x13x2 inch pan.

1 can crushed pineapple, undrained (1 lb. 4 oz. size)
1 can cherry pie filling (1 lb. 5 oz. size)
1 box lemon cake mix (dry)
1 c. chopped pecans
2 sticks butter or margarine
Whipped cream or vanilla ice cream (optional)

1. Dump 1 can crushed pineapple into pan and spread evenly. 2. Dump 1 can cherry pie filling, spread evenly over pineapple. 3. Dump 1 box lemon cake mix (dry - do not add water, eggs, etc.) over cherry pie. 4. Sprinkle 1 cup chopped pecans over cake mixture. 5. Slice sticks of butter or margarine on top of dry cake mix. Bake for 1 hour at 350°. Serve warm, topped with whipped cream or vanilla ice cream.

FRUIT CUPCAKE

Mr. and Mrs. R. Bryan Grigsby like this one. (Propulsion Engineer, NASA, the Cape).

Sift together:
1 c. flour
1 c. sugar
1 tsp. soda
1/2 tsp. salt

Stir in 1 (No. 303) can fruit cocktail (do not drain) with above. Beat 1 egg and add, beating together. Pour into greased floured loaf pan. Mix:

1/2 c. brown sugar
1/2 c. nuts

FRUIT CUPCAKE (Continued)

Spread over top before baking. Bake 30 minutes in 350° oven. Serve with whipped cream and maraschino cherry.

ASTRONAUT FRUIT CAKE

U.S. Army Laboratories at Natick, Mass. scaled down this recipe for "Astronaut Fruit Cake" and tested it for baking in home kitchens. It makes 2 pounds.

2/3 c. sifted cake flour
1/2 c. plus 3 Tbsp. soy flour
1/2 tsp. salt
1 tsp. baking powder
1/4 tsp. ground cloves
1/4 tsp. nutmeg
1/2 tsp. cinnamon
3/4 c. sugar
5 Tbsp. shortening
1 extra large egg
1 1/2 Tbsp. water
1 c. light raisins
1/2 c. halved candied cherries
1/3 c. candied pineapple in 1/2 inch dices
1 c. pecan pieces

Mix and sift together flours, salt, baking powder and spices. Set aside. Cream sugar and shortening together thoroughly. Add egg to creamed mixture and mix thoroughly. Blend in dry ingredients and water. Fold fruit and nuts into batter, mix until evenly distributed. To form each 3 ounce cake, place 1/2 cup batter on 12 inch square of heavy duty foil or a double thickness of regular foil. Flatten batter to depth of 3/4 inch. Fold sides around cake batter, then fold up edges of foil so batter is tightly wrapped and will not lose moisture during baking. Bake 1 hour at 300°. Allow to cool thoroughly, preferably overnight, before unwrapping and serving. It may be baked in 10 (3 ounce) sizes or in 2 (1 pound) coffee cans.

NO BAKE FRUIT CAKE

A holiday favorite of Mr. and Mrs. F. W. McInnis. He is with Work Order Planning with The Boeing Company.

Stir in a 3 quart saucepan over medium heat, until marshmallows melt:

2/3 c. evaporated milk
2 c. miniature marshmallows
6 Tbsp. frozen orange juice concentrate, undiluted

Take off heat and stir in:

3/4 c. cut up dates
1 c. broken walnuts

NO BAKE FRUIT CAKE (Continued)

1 c. seedless raisins, half golden, half dark
1 c. candied cherries

Stir in until well blended, a mixture of:

4 c. fine graham cracker crumbs
1 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. cloves

Press mixture firmly into 5 - 6 cup ring mold, or loaf pan lined with waxed paper. Cover tightly. Chill 2 days. Makes 3 pounds (for 6 pound cake, double recipe and use 9 inch Angel cake pan).

DESSERT ROLL — Mrs. Harold Robinson

In bowl:

12 graham crackers, crushed reserve 1/2 cup
3/4 c. dates, cut up
14 large marshmallows, cut
1 c. nuts, broken
1/2 c. thin cream

Mix and make into roll, cover with reserved crumbs. Chill well. Slice and serve with whipped cream.

BOSTON CREAM PIE

Mrs. Joseph P. Kennedy, Mother of the Late President John Kennedy, for whom the Space Center was named.

4 egg whites
4 egg yolks
1 c. granulated sugar
1 1/2 Tbsp. cold water
1 1/2 Tbsp. lemon juice
1 c. pastry flour
1 1/4 tsp. baking powder
Few grains of salt
1 tsp. vanilla

Sift flour 3 times. Beat egg whites until stiff, but not dry, and fold in 1/2 the quantity of sugar gradually. Beat egg yolks and liquids, and continue to beat until very thick and pale yellow. Beat in remaining sugar. Combine yolks and whites, folding in flour, baking powder and salt, cutting and folding into the egg mixture. Pour into buttered pan. Bake in moderate to slow oven (325°) for 1 hour.

BOSTON CREAM PIE (Continued)

Icing:

3 Tbsp. cornstarch
2/3 c. granulated sugar
Few grains of salt
3 egg yolks
1 1/2 c. milk, scalded
2 Tbsp. butter
1 tsp. vanilla
Confectioners sugar

Split cream sponge cake into 2 layers after it has been kept 24 hours. Mix cornstarch, sugar and salt. Beat egg yolks until thick and combine with cornstarch mixture beating until perfectly smooth. Pour on hot milk gradually, add butter and vanilla. Cook in the top of a double boiler until thick, stirring all the time to prevent lumping. Spread between the cake layers and sift on confectioners sugar. Yield: 6 servings.

SAD SPICE CAKE — Mrs. Paul Gauger

2 c. sugar
1 c. cooking oil
3 eggs
2 jars baby food (apricot, applesauce or plum)
2 c. self rising flour
1 tsp. cloves
1 tsp. cinnamon
1 c. chopped pecans

Put all ingredients in bowl and mix well. Bake in Bundt pan in 325° oven until done, about 1 hour. Ice with lemon juice and powdered sugar while hot.

CRUNCHY MUNCH CAKE

Favorite recipe from home of Mr. and Mrs. Joseph Horter, spectators.

2 c. flour
1 pkg. coconut pecan frosting mix
1 c. sugar
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon

Mix well, then add:

2 eggs
1/2 c. Wesson oil
1 can sliced pears in heavy syrup (16 oz.)

Beat, pour into 9x13 inch greased pan and bake 45 minutes in a preheated 350° oven. Serve with or without whipped topping. Delicious either way. Serves 15.

FRIED CAKES

Mrs. Grover Ingersoll gave this old family favorite.

1 1/2 c. sugar
1 egg
1 large potato (cold, cooked and pass through a ricer)
1 c. sour milk
1 Tbsp. sour cream (if no cream, 1 Tbsp. butter)
Pinch of salt

Mix soft and add:

1/2 tsp. ginger
3 - 4 c. flour (use 3 1/2 c. and save rest for rolling)

Roll out dough, cut in circles or sticks, and fry in deep fat.

WACKY CAKE

Mrs. Don Jacoby (he is with I. B. M.) says this is a very moist old fashioned chocolate cake.

Sift together:

1 1/2 c. flour
1 c. sugar
1 tsp. soda
1/2 tsp. salt
6 Tbsp. cocoa

Add:

1 tsp. vanilla
1 Tbsp. vinegar
6 Tbsp. oil
1 c. cold water

Beat with fork. Pour in 9 inch ungreased layer pan and bake at 375° for 25 minutes.

HOT MILK SPONGE CAKE

Mrs. Spiro T. Agnew, wife of the Vice-President of the U. S. who is on the National Aeronautics and Space Council.

4 eggs
2 c. sugar
6 Tbsp. butter
2 c. sifted flour
2 tsp. baking powder
1 c. hot milk
2 tsp. vanilla

Beat eggs until light, gradually add sugar and blend thoroughly. Fold in the sifted dry ingredients. Heat milk and butter. Fold in the hot milk, butter, and flavoring. Bake in greased and floured 9 inch layer cake pans in 400° oven for 25 - 30 minutes. Yield: 2 (9 inch) layers.

RUM SYRUP SPONGE CAKE

Mrs. H. H. Arnold sent this recipe from Sonoma, California. "This is one that was favored by my late husband, General H. H. Arnold. It has been in the family for many years".

2 eggs
3/4 c. sugar
1 c. regular all-purpose flour, unsifted
1/4 tsp. salt
1 tsp. baking powder
1/2 c. milk
1 Tbsp. butter or margarine
1 tsp. vanilla
Rum syrup

With an electric beater, beat eggs until foamy. With the mixer at highest speed, gradually beat in sugar until mixture is very thick. Stir together flour, salt, and baking powder. Stir flour mixture into egg mixture until blended. Stir in vanilla. Quickly bring milk and butter just to simmering, stir hot milk mixture into batter until smooth. Pour batter into an ungreased 9 inch cheese cake pan (spring mold) or an ungreased 9 inch square baking pan. Bake in 375° oven for 30 minutes or until a toothpick inserted in the center of the cake comes out clean. With a fork, pierce the cake deeply all over the surface, pour warm rum syrup over warm cake.

Rum Syrup: Combine 1 cup each sugar and water in small pan. Over highest heat, bring to boiling, boil 3 minutes. Let cool about 10 minutes. Stir in 1/4 - 1/2 cup light rum.

AMALGAMATION CAKE

Mr. and Mrs. Robert L. Krieger, Director, Wallops Station, Wallops Island, Va.

1 c. butter or oleo
1 1/2 c. sugar
1 c. milk
3 c. flour
5 tsp. baking powder
6 stiffly beaten egg whites
1/2 tsp. salt

Cream butter and sugar. Sift salt with flour and baking powder, add flour and milk alternately, fold in egg whites and pour into pans (3). Bake at 375° for 30 minutes.

Filling:

1 c. butter or oleo
2 c. sugar
6 egg yolks

AMALGAMATION CAKE (Continued)

Cream butter, sugar and egg yolks, and place in double boiler, cook for a few minutes, stirring. Heat or warm on a pan in oven:

1 c. chopped nuts (pecans)
1 c. seedless raisins
1 c. Angel Flake coconut

Add this to egg mixture (above) and spread between layers and on top of the cake.

OATMEAL CAKE

"With flavor fit for a King, this recipe has come to be one of my most prized possessions given to me by my Great Grandmother. I promise you a cake that will earn you so many compliments, that you'll truly feel like a Queen. I'm very honored to submit this recipe for Space Coast King Norm Keller, Manager of Radio Station WMMB and Country Music Association's Award Winning Station WYRL in Melbourne, Fla.". Joyce Cain.

Pour 1 1/4 cups boiling water over 1 cup quick cooking oats. Let stand 20 minutes or until cool. Cream together:

1/2 c. shortening
1 c. white sugar
1 c. dark brown sugar, well packed
2 eggs
1 tsp. vanilla

Then add cooled oats. Sift together well:

1 1/2 c. flour
1/2 tsp. salt
1 tsp. baking soda
1 1/2 tsp. cinnamon

Slowly add to oats mixture. Blend well and pour into well greased pans, approximately 8 3/4 x 8 3/4 x 1 3/4 inch (not a 2 layer cake). Bake in preheated oven of 350° for 30 - 40 minutes. Prepare Topping: (Caution: When turning out hot cake on plate, it might possible stick, so place together immediately and cover hot cake with topping. During baking, open oven as little as possible until cake is done.)

Topping:

1/2 c. dark brown sugar, well packed
1/2 stick soft margarine or butter

OATMEAL CAKE (Continued)

1/4 c. milk
1 c. chopped pecans
1 c. Angel Flake coconut
1/2 tsp. vanilla

Mix together, add vanilla. Spread on top of warm cake and serve warm or cool.

NUT TORTE

Mrs. Herbert Klein. Her husband is Director of Communications for the Executive Branch.

10 heaping Tbsp. ground nuts
10 Tbsp. bread crumbs, ground
10 eggs, separated
3 Tbsp. flour
2 tsp. baking powder
1 1/2 c. sugar
1 tsp. vanilla

Mix nuts, bread crumbs, flour, and baking powder. Separate eggs, add sugar to egg yolks, and beat 3 minutes (until double in size). Beat egg whites until stiff. Fold dry ingredients (above) into yolks and sugar. Fold in egg whites and vanilla. Pour into 3 (11 x 7 1/2 inch) greased pans (have pans greased, then grease waxed paper and place in tins). Preheat oven to 365°. Bake about 12 - 15 minutes (when edges brown, remove).

Torte Icing:

1 1/2 Tbsp. powdered sugar
2 sticks butter
2 Tbsp. cocoa
1 tsp. vanilla
Touch of milk (Carnation)

Mix together and heat, add milk gradually. Ice between each layer and the top. After 3 layers are placed one upon the other, slice total cake in half for 2 separate nut tortes. Bon Appetit!

NORDIC LOAF CAKE

Senator and Mrs. Henry M. Jackson sent one of their family's favorite recipes. Senator Jackson, from Washington State, is a Space Booster. He is on the Armed Services Committee, the Joint Committee on Atomic Energy, and the Government Operations Committee.

350° for 1 hour. Yield: 12 - 18 servings.

NORDIC LOAF CAKE (Continued)

Cake:

3/4 c. blanched almonds, finely chopped (not ground)
3 c. flour
1 Tbsp. and 1 tsp. baking powder
1/2 tsp. salt
2 c. heavy cream
2 tsp. vanilla extract
1/2 tsp. almond flavoring
2 c. sugar
4 eggs
3/4 c. pignolia nuts (pine nuts)

Glaze:

1/3 c. kirsch, warmed
1/3 c. sugar

1. Preheat oven to 350°. 2. Butter heavily, 2 loaf pans, each measuring 9x5 inches. Coat the sides and bottom of each pan with the finely chopped almonds. 3. Sift together the flour, baking powder and salt, set aside. 4. Whip the cream in the large bowl of electric mixer until it holds a shape. Add vanilla, almond flavoring, and sugar. Beat in the eggs, one at a time. 5. At the lowest speed, stir in the dry ingredients. Pour about 1/4 of the batter into each pan. Sprinkle each with about 2 tablespoons of pignolias. Cover evenly with the remaining batter. Smooth the top. Sprinkle with the remaining nuts. 6. Bake 1 hour, until the cakes test done. Remove from the oven and brush with the glaze made by mixing the kirsch and sugar together. Let the cakes cool in the pans. Yield: 2 loaves, each serving about 6 - 9.

Note: You may substitute chopped almonds for the pine nuts.

GATEAU DES NOUAGES (Cloud Cake)

This is a favorite of Mr. and Mrs. Henry Waddell. He is with North American Rockwell in Environmental Health.

9 large egg whites or 12 small
3 Tbsp. fine white sugar to each egg white

Beat. Add 1 teaspoon vanilla and 1 teaspoon vinegar. Beat until all the sugar is dissolved. You can't beat it too much. Grease 2 (9 inch) cake pans. Divide the batter in these 2 pans. Bake at 275° for 1 hour.

Topping: Freeze 6 - 8 Heath bars. Whip 1/2 pint heavy whipping cream with 1 tablespoon confectioners sugar. Spread on

GATEAU DES NOUAGES (Continued)

1 layer of cake, then grate 4 Heath bars with a moulie grater on top of whipping cream. Then place other layer on top. Repeat. Frost with rest of whipped cream. Top with grated Heath Bars. This is better made the day before serving.

TRUE ALMOND TORTE

This recipe is a favorite of Mrs. Carl-Gustaf Stahl, wife of the former Swedish Defense Attache to Washington, Major General Stahl, Royal Swedish Army, and was given by Helen Christopher.

1/2 lb. blanched almonds, ground
1 1/2 c. powdered sugar
6 egg whites

Icing:

3/4 c. powdered sugar
1 1/2 - 2 Tbsp. cocoa
1 1/2 - 2 Tbsp. water

Garnish: 10 pistachio nuts or 3 candied orange peels.

Sift sugar gradually into the twice ground almonds, then add carefully stiffly beaten whites. The mixture must not be soft and loose. Pour the mixture into a shallow cake or torte pan well buttered and dusted with fine crumbs. Bake in a slow oven (300 to 325°) for about 30 minutes. Cool before removing from pan. Coat with chocolate icing made thick enough to spread. Before icing dries, dredge with chopped pistachio nuts or chopped peel.

Almond Souffle: (A second version)

Bake the almond meringue in a Savarin or Angel cake tin and store in a tight box in a cold place for a day or two before the torte is to be served. Cover with a meringue made from 1 1/2 egg whites and 1/2 cup powdered sugar. Bake in very slow oven until meringue has set, about 2 - 3 minutes. When cold decorate with clusters of grapes and leaves shaped from marsipan colored red, yellow, and green. Fill center with a mold of ice cream or whipped cream flavored to taste.

MARDI GRAS PARTY CAKE WITH BUTTERSCOTCH FILLING AND SEAFOAM FROSTING

Mrs. George Romney. Mr. Romney was the former Govenor of Michigan and the former Secretary of Health, Education and Welfare.

2/3 c. butterscotch morsels
1/4 c. water
2 1/4 c. sifted all purpose flour
1 tsp. salt
1 tsp. soda
1/2 tsp. double acting baking powder
1 c. sugar
1 c. brown sugar, firmly packed
1/2 c. shortening
3 unbeaten eggs
1 c. buttermilk or sour milk

Melt butterscotch morsels combined with water in saucepan. Let cool. Resift flour with salt, soda and baking powder. Beat shortening to cream it and gradually beat in white and brown sugar. Beat in eggs, one at a time. Blend in sifted ingredients alternately with the buttermilk, beginning and ending with the dry ingredients. Blend well after each addition. If a mixer is used, beat at low speed. Turn batter into 2 well greased, lightly floured 9 inch round layer pans. Bake at 375° for 30 - 35 minutes. Cool and spread butterscotch filling between layers and on top to within 1/2 inch of edge. Frost sides and top with Seafoam Frosting or whipped cream.

Butterscotch Filling:

1/2 c. sugar
1 Tbsp. cornstarch
1/2 c. evaporated milk
1/3 c. water
1/3 c. butterscotch morsels
1 beaten egg yolk
2 Tbsp. butter
1 c. flaked coconut
1 c. walnuts or pecans, chopped

Combine sugar and cornstarch in 2 quart saucepan and stir in evaporated milk, water, butterscotch morsels, and egg yolk. Stir constantly over medium heat until thick. Take from heat and add butter, coconut, and chopped nuts. Cool before spreading between layers.

Seafoam Frosting:

1/3 c. white sugar
1/3 c. firmly packed brown sugar
1/3 c. water
1 Tbsp. corn syrup
1 egg white
1/4 tsp. cream of tartar

MARDI GRAS PARTY CAKE WITH BUTTERSCOTCH FILLING AND SEAFOAM FROSTING (Continued)

Combine ingredients in saucepan and cook until it will form a soft ball when tested in cold water (236°). Meanwhile, beat egg white with cream of tartar until it forms stiff peaks. Pour syrup mixture into beaten egg whites in slow, steady stream, beating constantly until mixture is thick enough to spread. Frost cake.

OATMEAL TOLL HOUSE COOKIES

Mrs. Richard L. Kleindienst. He is Attorney General of the United States.

1 c. butter
3/4 c. white sugar
3/4 c. brown sugar
2 eggs
1 1/2 c. regular flour
1 tsp. baking soda
2 c. oatmeal
1 large pkg. chocolate chips

Cream together butter with white and packed brown sugar. Beat in eggs. Add flour, sifted with soda and 1 teaspoon salt. Finally, add oatmeal and chocolate chips (also nuts if desired). Drop on greased cookie sheet and bake 8 - 10 minutes in 350° oven.

OATMEAL COOKIES

Mr. and Mrs. Walter Cunningham sent us 3 recipes of Walt's favorites. He was one of the Astronauts on the Apollo 7 flight.

Combine:

3 well beaten eggs
1 tsp. vanilla
1 c. raisins

Let stand 1 hour. Cream:

1 c. shortening
1 c. white sugar
1 c. brown sugar

Sift together:

2 1/2 c. flour
1 tsp. salt
2 tsp. soda
1 tsp. cinnamon

Add flour mixture to sugar mixture. Mix well. Blend in eggs and raisins, 2 cups oatmeal, 1/2 cup nuts. Roll in balls, flatten slightly, roll in sugar, place on ungreased cookie sheet, then spread. Bake at 350° for 9 - 10 minutes. Makes about 5 dozen.

BRANDY SNAPS

Mrs. Stanley Connold, whose husband was at the Cape with the British for their submarine launches.

4 oz. golden syrup (corn)
3 1/2 oz. caster (fine white) sugar
4 oz. butter (1 stick)
3 1/2 oz. plain flour
Grated rind of 1/2 lemon
1 tsp. lemon juice or brandy
1 tsp. ground ginger

Warm syrup, sugar, and butter in a strong saucepan until sugar has dissolved. Do not let the mixture boil. Remove from heat, tip in ginger, flour, lemon rind, and either the lemon juice or brandy. Stir thoroughly until mixture is soft enough to flow from spoon. Put a teaspoonful of mixture 3 inches apart on well greased oven tins. Bake for 10 minutes at 335° or until golden brown. Remove from oven, leave to firm up for about 1 minute. Roll around greased handle of wooden spoon. Will keep fresh for long time if stored in airtight tins.

ORANGE COOKIES

Mrs. Jack Miller, whose husband is Senator from Iowa.

3/4 c. shortening
1 1/2 c. brown sugar
2 eggs
1 tsp. grated orange rind
1/2 c. sour milk
Vanilla
1/2 tsp. baking soda
3 c. flour
1 1/2 tsp. baking powder
1/4 tsp. salt
3/4 c. nutmeats, chopped

Cream shortening and sugar. Add eggs, vanilla and orange rind. Add sour milk, thin flour with salt, soda and baking powder. Add nuts. Drop by spoonfuls on greased pan. Bake in moderate oven, and while still hot, spread thinly with 1 1/2 tsp. grated rind, 1 1/3 Tbsp. orange juice, 2/3 cup powdered sugar.

CONGO BARS

Mrs. Robert D. Prentice

2/3 c. shortening
1 box brown sugar
Pinch of salt
3 eggs
3/4 c. flour
2 1/2 tsp. baking powder
6 oz. pkg. chocolate bits
1 c. broken nutmeats

Melt shortening. Add sugar, mix well. Add salt. Add eggs one at a time, beating after each. Add flour and baking powder.

CONGO BARS (Continued)

Stir in chocolate bits and nuts. Bake in 2 (8x8 inch) greased and floured pans at 350° for about 25 minutes. Let cool before cutting.

VITA-COOKIE

This is from Mrs. Grant L. Hansen, wife of the Assistant Secretary of the Air Force, R. &D. This is "health food" recipe, is very nutritious, giving the B vitamins, A, C, etc.

3/4 c. sunflower seed oil
1 c. firmly packed brown sugar
1/2 c. granulated sugar or honey
1 egg
1/4 c. water
1 tsp. vanilla
1 c. wheat flour
1 tsp. salt
1/2 tsp. soda
3 c. of either "Vita-Crunch" cereal with almonds, or "Fruitifort cereal" from Switzerland or "Familia"

Beat shortening, egg, water, and vanilla together until creamy. Sift together flour, salt, and soda. Add to creamed mixture, blend well. Stir in cereal. Drop by teaspoonfuls onto greased cookie sheet. Bake in preheated moderate oven (350°) 12 - 15 minutes. Makes about 5 dozen.

INSTANT BREAKFAST COOKIES

Mrs. George Hamm sent in this favorite recipe she found in the Orlando Sentinel. Her husband is an Electrician.

2 c. enriched self rising flour *
3 pkg. (1.21 oz. each) instant breakfast (chocolate, vanilla or eggnog)
1/2 c. shortening
1/2 c. peanut butter
1 c. sugar
3 eggs

Stir together flour and instant breakfast. Blend shortening and peanut butter, add sugar, beat until light and fluffy. Beat in eggs. Add dry ingredients and mix well. Drop heaping tablespoonfuls onto greased baking sheet, flatten. Bake in preheated 350° oven for 12 - 15 minutes until lightly browned. Cool on wire racks.

* Spoon flour into dry measuring cup, level. Do not scoop.

Note: If enriched all purpose flour is used, add 1 tablespoon baking powder and 1 teaspoon salt.

MAGIC COOKIE BARS — Mrs. Jacqueline Wilborn

Melt 1 stick of margarine in 13x9x2 inch pan. Layer the following:

1 1/2 c. graham cracker crumbs
1 1/3 c. coconut
1 (6 oz.) pkg. chocolate morsels
1 (6 oz.) pkg. butterscotch morsels
1 c. nut pieces

Pour 1 can Eagle Brand condensed milk over ingredients in pan. Bake at 350° for 25 - 30 minutes.

MOON ROCKS

These were rocks or hermits, but for the sake of bringing them up to date, "Moon" has been added. This is one of Mrs. Dishman's mother's recipes.

1 1/2 c. sugar
2 eggs
2/3 c. butter or oleo
1 c. chopped raisins
3 1/2 c. flour
1 tsp. soda in 1/2 c. sour milk
1 tsp. cinnamon, nutmeg, and cloves all together
1/2 c. nuts if desired

Cream butter and sugar, and eggs. Sift spices with flour. Add flour and milk alternately until all blended. Add raisins (and nuts). Drop by teaspoonfuls on greased tin and sprinkle top with a little sugar. Bake at 350° for 15 - 20 minutes.

NUTTY CLUSTERS

A favorite of Mrs. Mace. These may be "nutty" because of the peanuts or because of the unusual combination, but as Mary says, they are "quick and easy, and oh, so good!"

1 (6 oz.) pkg. butterscotch Toll House morsels
1 (6 1/2 oz.) can cocktail peanuts
1 (3 oz.) can chow mein noodles

Melt morsels in top of double boiler. Add peanuts and noodles. Mix well, but do not cook. Drop by teaspoonfuls onto waxed paper. Cool. Makes about 3 dozen.

SUPER BROWNIES

Mrs. Donald Wills Douglas, Sr., whose husband is an aerospace pioneer and Honorary Chairman of the Board of Directors of McDonnell Douglas Corporation.

Melt over hot water:

2 squares unsweetened chocolate
1/2 c. butter

Add:

2 eggs, beaten
1 c. sugar
1/2 c. sifted flour
1/2 c. chopped pecans

Grease 9x14 inch Pyrex pan. Bake 15 minutes at 325° and cool. Blend the following ingredients, spread over cooked layer and chill:

2 c. powdered sugar
2 Tbsp. heavy cream
4 Tbsp. soft butter

Melt and pour over filling:

3 squares unsweetened chocolate
3 Tbsp. butter

Chill 15 - 30 minutes. Cut into sticks. These are better kept in the refrigerator after cutting, as they do get soft easily.

DATE AND NUT SQUARES

This is a favorite of Mr. and Mrs. Joe Lucas and their friends. The Lucas' are longtime residents of Cocoa Beach.

1/2 c. margarine (1/4 lb.)
3/4 c. sugar
2 eggs
1 c. sifted flour
1 1/2 tsp. baking powder
1 tsp. vanilla
1 c. chopped dates
1 c. pecans, broken up

Cream margarine and sugar. Add eggs. Beat until pale and creamy. Add flour and baking powder, mix well. Add vanilla, dates, and nuts. Bake in 325° oven in greased and floured 8x8x2 inch pan for about 1/2 hour. Cool. Cut in squares. Sprinkle with confectioners sugar.

CHRISTMAS SWEDISH COOKIES

Mrs. Ray Hill gave this as one of her family's favorites. Her husband is Vice-President of McDonnell Douglas, General Manager of Tico Division.

1 c. ground pecans
3 Tbsp. sugar
1 c. sifted flour
1/4 lb. butter
1/4 c. powdered sugar
1 tsp. vanilla

Cream butter and sugar. Add nuts, flour, vanilla (will have consistency of putty). Form into balls the size of a walnut. Bake 15 minutes at 350°. They are not supposed to be brown. Roll while hot in powdered sugar, and again when cold.

PECAN COOKIES

Another excellent cookie recipe from Mrs. Ray Hill.

1 c. butter
1 c. sugar
1 egg yolk, unbeaten
1 tsp. cinnamon
2 c. pastry flour
1 egg white, unbeaten

Cream butter and sugar. Add flour and cinnamon, blend well. Spread in 11x17 inch pan. Brush with unbeaten white of egg. Sprinkle with chopped pecans. Bake 30 - 40 minutes at 350°.

BOURBON BALLS — Mrs. Stiles

2 c. vanilla wafers, crushed
1 c. pecans, chopped
1 c. 10X sugar
2 Tbsp. cocoa
1 1/2 Tbsp. white Karo syrup
1/2 c. bourbon

Mix thoroughly. Let stand awhile. Form into balls and roll in powdered sugar. Store in airtight containers.

ORANGE DOODADS

Mrs. Edwin W. Stiles of New Jersey, a visitor to the Space Coast gave us these 3 recipes.

1 (13 oz.) box vanilla wafers, crushed
1 (6 oz.) can frozen orange juice
1 stick oleo
2 c. powdered sugar

Mix thoroughly and press into balls, and roll in coconut.

DATE BALLS — Mrs. Stiles

1/4 lb. oleo (1 stick)
1 egg
1 c. sugar
1 lb. dates, cut up
1 tsp. vanilla
Pinch of salt

Boil 2 minutes. Cool and add 2 cups Rice Krispies. Cool. Form into balls and roll in coconut

CHERRY BON BONS

A party favorite of Mrs. Addison Dishman.

1 large jar maraschino cherries
1/4 c. brandy
1/2 lb. pkg. cream cheese
3/4 c. soft butter or margarine
2 c. sifted flour
Confectioners sugar

Pour cherries and juice into a bowl. Add brandy. Combine cheese and butter with fork. Stir in flour until a stiff dough is formed. Chill dough several hours or overnight. Roll out about 1/8 inch thick on a board which has been generously dusted with confectioners sugar. This amount of dough will absorb about 1 cup sugar. Cut dough into oblongs about 1x3 inches. Place a well drained cherry on each oblong and roll up. Pinch end of dough to seal. Place folded side down on a baking sheet. Bake in 375° oven 15 - 17 minutes, or until golden brown. Sprinkle cookies immediately with more confectioners sugar. In place of cherries, pecans or walnuts may be substituted. Makes about 9 dozen. Juice may be used on cut up fruit or in punch.

STRAWBERRY SUGARPLUM COOKIES

Mrs. Robert Ginn, whose husband is with Lockheed.

1/2 c. butter
2 eggs
1 c. sugar
1 1/4 c. chopped dates
2 1/2 c. Rice Krispies cereal
1/2 c. flour
1/2 tsp. salt
1 tsp. vanilla
1 c. chopped pecans

Heat butter in medium sized skillet (electric skillet may be used). When partially melted, remove from fire and add slightly beaten eggs and sugar. Mix thoroughly. Blend in chopped dates and cook, stirring constantly until thick, about 5 minutes. Remove from heat and mash thoroughly with potato masher. Turn heat to low and gradually add flour. Cook, stirring constantly

STRAWBERRY SUGARPLUM COOKIES (Continued)

for 7 minutes. Do not overcook. Stir in salt, vanilla, pecans, and cereal. Mix thoroughly and remove from heat. Cool to lukewarm. Shape into balls, using a teaspoonful for each and form a point at one end to resemble a fresh strawberry. Roll each one in red colored sugar (1 - 1/2 jars - 2 oz. each). When completely cool, frost large end to make 2 leaves and short stem.

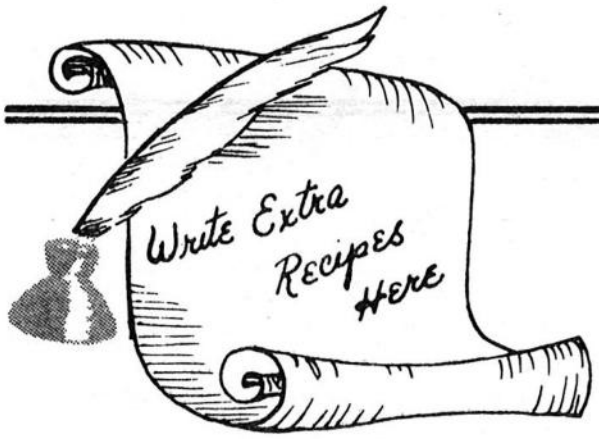
Stem Frosting: Use any good decorating icing. To make a "Sugarplum Tree", cover a styrofoam cone with green crepe paper. Starting at top, stick a toothpick through each "strawberry" and into the cone, going round and round, until it is completely covered with cookies. Place cone on pedestal cake plate. Makes a beautiful Christmas centerpiece.

Variation: Less time consuming, and great for children's Christmas school parties. Use about 2 tablespoonfuls and form into cone shape as a Christmas tree. Flatten bottom so cookie will sit straight. Roll in green colored sugar. Arrange on tray covered with white doilies, sprinkled and mounded some with white sugar. Looks like a snow forest of Christmas trees.

HAPPY OCCASION CAKES (For Weddings, Rocket Launches, etc.) (Kourabiedes) Mrs. Louis Contakos

1 lb. sweet butter
1/2 c. XXX sugar
2 egg yolks
1 oz. of your best brandy
1/4 c. orange juice
1 c. chopped almonds or walnuts (opt.)
5 c. (about) cake flour
XXX sugar for topping

Cream butter until fluffy. Gradually beat in sugar until smooth. Add yolks, brandy, nuts, mix well. Carefully work in flour and blend thoroughly to make a soft dough. With floured hands, shape dough into small cakes of 1 1/2 inch balls, or crescents and stars. Place 1 inch apart on ungreased cookie sheet. Bake in 350° oven for about 20 minutes or until lightly browned. To test doneness, break cookie apart, if there is no butterline in middle, they are baked. Upon removing from oven, carefully roll in powdered sugar and place on waxed paper or trays. Sift additional sugar over tops and sides to resemble snow mounds. Cool completely before storing in sealed containers. To serve, place in cupcake papers, being careful not to dislodge sugar. Yield: 5 - 6 dozen.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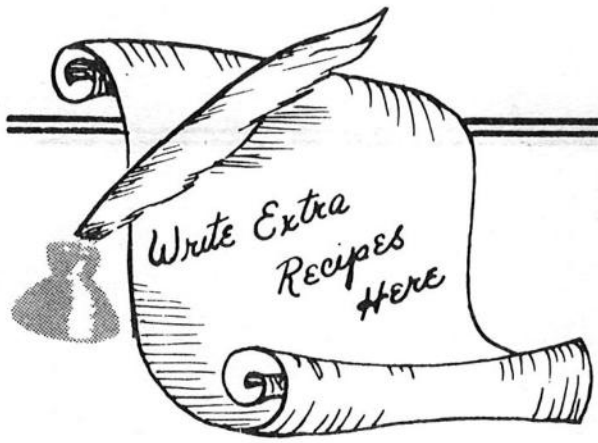
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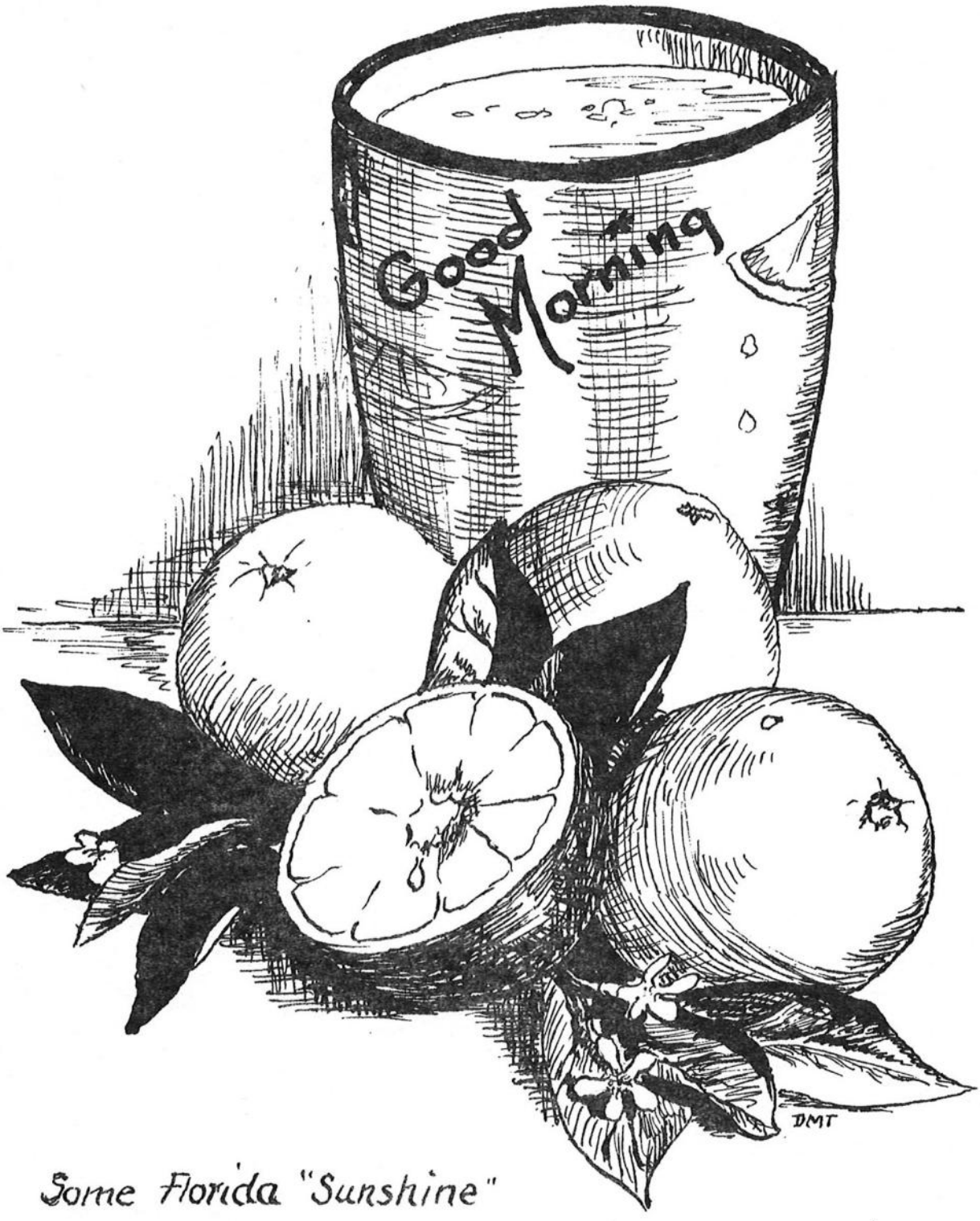

Some Florida "Sunshine"

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Cocoa Beach, Florida

****

It takes some art,
To make a tart,
You can make a pie,
If you really try.

****

DUTCH APPLE PIE — Mrs. Dishman

6 - 8 apples, peeled, sliced
1/2 c. sugar
2 Tbsp. water

Put the above ingredients in a pie pan, and cover with crumble crust.

Crumble Crust:

3/4 c. flour
3/4 c. sugar
1/4 c. butter

Mix these three ingredients together and sprinkle over top of apples. Bake at 350° for about 40 minutes. Serve with whipped cream.

BRANDY PIE
Another of Mrs. Ingersoll's

44 large marshmallows

Melt in double boiler by pouring over 1 cup strong coffee. Let cool, then fold in 1/2 pint whipping cream, whipped stiff. Add 3 - 4 tablespoons brandy. Pour into a baked pie shell. Shave chocolate on top. Chill in refrigerator for at least 2 - 3 hours before serving.

CHERRY DELIGHT
Mrs. David P. Wilborn of Melbourne, Florida

1 graham cracker shell
6 oz. cream cheese
1 pkg. Dream Whip
1/2 c. milk
1/4 tsp. vanilla
1/2 c. sugar
1 can cherry pie filling, sweetened

CHERRY DELIGHT (Continued)

Let cream cheese stand at room temperature until very soft. Whip middle size Dream Whip with milk and vanilla. Add sugar. Whip until stiff. Mix with cream cheese and whip. Put into shell, top with 1 can cherry pie filling. Refrigerate.

CHESS PIE

Mrs. Thom Jones, whose husband works for NASA as a computer equipment specialist, gave this old family recipe. This was her maternal grandmother's recipe, handed down to her family from her grandmother's family, the Randolphs of Roanoke, Va. Mrs. Jones was the fourth President of the Cocoa Beach Woman's Club.

1/4 lb. butter
2 eggs
4 egg yolks
1 1/2 c. sugar
3 Tbsp. heavy cream
1 Tbsp. corn meal
1 tsp. vanilla
1 (9 inch) unbaked pie shell

Cream together butter, eggs, egg yolks, and sugar, add remaining ingredients. Pour into pie shell. Bake in 300° oven for 1 hour.

ANGEL CHOCOLATE PIE

Mrs. John A. Volpe, wife of John A. Volpe, who serves on the National Aeronautics and Space Council.

Crust:

2 egg whites
1/8 tsp. cream of tartar
1/2 tsp. vanilla
1/8 tsp. salt
3/4 c. sugar
1 c. chopped pecans

Whip egg whites, cream of tartar, vanilla and salt to soft peaks, slowly add 3/4 cup sugar. Beat until very stiff. Fold in chopped pecans. Spread into well buttered pie plate. Bake in 300°-325° oven for 30 - 40 minutes, until lightly browned. Cool.

Filling:

1 stick butter
3/4 c. sugar
1 tsp. vanilla
2 egg yolks
2 whole eggs
2 squares unsweetened chocolate

ANGEL CHOCOLATE PIE (Continued)

Cream butter, sugar, and vanilla. Add egg yolks. Beat well. Fold in unsweetened chocolate, melted (cool slightly before adding to mixture). Add 2 whole eggs, one at a time, beating well after adding each egg, until smooth and non-grainy. Pour into cooled crust. Refrigerate until chilled. (Keeps well for 2 - 3 days).

LUSCIOUS CHOCOLATE PIE

This comes from Mrs. Duane Hallett, whose husband is with I. B. M. Mrs. Hallett is chairman of our Community Center Committee.

1 graham cracker pie shell
1/2 pt. whipping cream
6 Hershey almond bars
18 marshmallows (regular size)
1/4 c. milk

Heat and blend the last three ingredients in top of double boiler. Cool mixture. Then add 1/2 pint whipping cream, whipped stiff. Blend gently, but thoroughly. Pour in pie shell. Chill at least 6 hours. May be made day ahead. Also freezes well.

SHERRY COCONUT CREAM PIE

Another from Mrs. Bob Sikes. This sounds very Floridian, too.

1 c. sugar
1/2 c. cornstarch
1/4 tsp. salt
2 1/2 c. hot milk
3 egg yolks
1 tsp. vanilla
1/2 tsp. almond extract
1/2 c. sherry
2 c. flaked coconut
1 (9 inch) baked pie shell with fluted edge
1 c. whipping cream

Stir sugar, cornstarch, and salt together until completely blended. Gradually stir in hot milk. Bring to a boil, stirring over moderate heat. Boil 1 minute. Remove from heat. Stir some of hot mixture into well beaten egg yolks, combine with remaining hot mixture. Add flavorings and sherry. Place over hot water and cook until thick enough to mound on a spoon, about 5 - 10 minutes. Stir in half of coconut. Turn into baked pie shell, cover with waxed paper or foil and refrigerate 3 - 4 hours, or until filling is set. When ready to serve, beat cream until stiff. Spread over filling and sprinkle remaining coconut over top.

Serves 6.

MAY'S LEMON PIE

Mrs. A. V. Dishman gives her mother's lemon pie recipe.

3 eggs, separated
1 c. sugar
2 lemons (or limes)
1 Tbsp. butter

Beat egg whites stiff, and add 1/3 cup sugar slowly, and a squeeze of lemon juice. Beat yolks until light, adding gradually 2/3 cup sugar, juice of 2 lemons and grated rind of 1. Add 1 large tablespoon butter. Place in a double boiler and cook until thick. When the mixture is cool, fold half of the whites in the lemon mixture. Put in a pie shell that has already been baked. Cover the top with the other half of the egg white mixture and put in a moderate oven until meringue is golden, about 10 minutes.

AMERICAN KEY LIME PIE

Former Mayor of Cocoa Beach (for 9 years), Robert P. Murkshe of RCA, makes his typical Florida pie for the Cape Canaveral Hospital Bazaars, and it's always a sell-out.

1 Tbsp. unflavored gelatin
1/2 c. sugar
1/4 tsp. salt
4 eggs, separated
1/2 c. lime juice (Key limes)
1/4 c. water
1 tsp. grated lime peel
Few drops green food coloring
1/2 c. sugar
1 c. whipping cream
1 baked (9 inch) pastry shell

Combine gelatin, 1/2 cup sugar and salt. Beat egg yolks, lime juice, and water, stir into gelatin. Cook and stir over medium heat just until mixture comes to boiling. Remove from heat, add lime peel. Add coloring for pale green color. Chill, stirring occasionally until mixture mounds slightly when dropped from spoon. Beat egg whites to soft peaks, gradually add 1/2 cup sugar, beat to stiff peaks. Fold gelatin mixture into egg whites. Fold in whipped cream. Pile into cooled, baked pastry shell. Chill until firm. Spread with additional whipped cream and edge with grated lime peel if desired. Sprinkle center with grated pistachio nuts.

EASY KEY LIME PIE — Mrs. Harold Robinson

Whip 3 egg yolks with 1 (14 ounce) can sweetened condensed milk. Gradually beat in 3/4 cups strained lime juice. Pour into baked and cooled pie shell. Chill at least 6 hours. Whip 3 egg

whites stiff, add 6 tablespoons sugar, one at a time, while whipping. Pile on pie and brown in 425° oven for 3 - 4 minutes. Cool and serve.

EXOTIC TROPICAL PIE

This comes from Mrs. Beauford Franklin, whose husband is with United Aircraft at the Cape. Mrs. Franklin is the Cocoa Beach representative of ABC Television.

1 c. shredded coconut
2 Tbsp. flour
2 Tbsp. melted butter

Press on bottom of 9 inch spring pan. Bake at 350° for 12 - 15 minutes. Soften 1 envelope unflavored gelatin in 1/4 cup cold water. Combine:

3 egg yolks
3/4 c. water
3/4 c. sugar

Put in saucepan, stir over medium heat 5 minutes. Add gelatin and stir until dissolved. Gradually add gelatin mixture to 2 (8 ounce) packages cream cheese, softened, mix until blended. Stir in 1/4 cup lime juice, 1 teaspoon grated lime rind, few drops of green food coloring. Fold in:

1 c. heavy cream, whipped
3 stiffly beaten egg whites

Pour over crust. Chill until firm. Garnish with grated lime rind. This will serve 10.

ORANGE PIE

A typical Florida pie from our representative from the First District in Florida, Bob Sikes. This is his wife's recipe.

1 c. orange juice
1 c. sugar
1 Tbsp. cornstarch
3 egg yolks
2 Tbsp. lemon juice
1 c. boiling water
Grated rind of 1 orange
1 baked pie shell
3 egg whites
6 Tbsp. sugar

Mix cornstarch and sugar. Add 1/4 cup water to make paste. Add egg yolks, then rest of water and fruit juice. Place mixture over boiling water, cook and stir until thick. Let cool. Stir in

orange rind and put into baked pie shell. Top with fluffy meringue made by beating the egg whites with 6 tablespoons sugar, brown in moderate oven. Serves 6.

PEANUT BUTTER DREAM PIE

This recipe comes from the Representative from the 11th District of Florida, and his wife, Mr. and Mrs. Claude Pepper. It makes 1 (8 inch) pie.

1 (3 oz.) pkg. cream cheese
1/3 c. peanut butter
1/2 c. milk
1/4 c. finely chopped Georgia peanuts
1 c. confectioners sugar
1 (2 1/8 oz.) pkg. whipped topping mix
1 (8 inch) graham cracker crust, baked, cooled

Whip cheese until soft and fluffy. Beat in sugar and peanut butter. Prepare whipped topping as directed on package. Fold topping into peanut butter mixture. Pour into baked pie shell. Sprinkle with chopped Georgia peanuts. Chill until firm.

PECAN TARTS

Mrs. William Duval, whose husband is Vice-President of McDonnell Douglas Astronautics Co., at the Cape, makes these delicious tarts.

1 (3 oz.) pkg. cream cheese
1/2 c. butter
1 c. sifted flour

Mix. Chill 1 hour. Shape into 1 inch balls, and press in center.

Filling:

1 egg, beaten with dash of salt
3/4 c. brown sugar
1 Tbsp. soft butter
1/2 tsp. vanilla
1 c. coarse chopped pecans

Mix all filling material. Place in tarts and bake at 325° for 25 minutes.

MAMIE EISENHOWER'S PUMPKIN CHIFFON PIE

Mrs. Ingersoll gave us this recipe of Mrs. Eisenhower's.

1 Tbsp. gelatin, dissolved in
3 Tbsp. cold water
3 egg yolks, slightly beaten
3/4 c. brown sugar
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
1/2 c. milk
1 1/2 c. cooked pumpkin

Cook in double boiler until thick and smooth. When cooked, add softened gelatin. Let cool, stirring occasionally. Add egg whites beaten stiff with 1/4 cup granulated sugar, and fold in pumpkin mixture. Pour in baked pie shell and top with whipped cream. Chill thoroughly.

PUMPKIN PIE

Mrs. Charles Mosher sends this favorite of her husband, who is a member of the Congressional Committee for Science and Astronautics.

2 eggs
1 c. pumpkin
1 Tbsp. butter
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1 tsp. ginger
2 Tbsp. molasses
1/2 c. milk, scalded
1/4 tsp. salt
1 c. sugar

Beat 1 egg white separately. Beat the rest of the eggs together. Add butter melted in milk, pumpkin, molasses, spices, salt, and sugar. Fold in egg white last.

SOUR CREAM RAISIN PIE

Mrs. Grayce Ingersoll, delightful mother of Cocoa Beach's City Commissioner, Mrs. Reynold Doerer, contributed this old recipe.

1 c. brown sugar
2 Tbsp. flour
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/4 tsp. salt
1 c. sour cream

Cook the above 10 minutes in a double boiler. Add 3 egg yolks, beaten until creamy, and cook for 5 minutes longer, stirring well. Add 1 cup seedless raisins and let cool. Turn mixture into 1 baked pie shell (9 inch).

SOUR CREAM RAISIN PIE (Continued)

3 egg whites, beaten stiff
6 Tbsp. sugar

Make a meringue with stiff egg whites and sugar, and heap on pie. Bake 20 minutes in 325° oven until the meringue is golden. Serves 6.

HOLIDAY PIE

Another of Mrs. A. V. Dishman's.

1 c. raisins
1 c. walnuts
1 c. cream
1 c. sugar
3 egg yolks
3 egg whites
1/2 c. sugar
Vanilla
Pie crust

Beat egg yolks well, add sugar and raisins, walnuts, and cream. Mix thoroughly and put in a pie crust and bake in 350° oven until crust is brown and filling is set. Let cool. Beat egg whites stiff, add sugar gradually and vanilla. Heap meringue on pie. Return to 325° oven and bake until meringue is golden.

RITZ CRACKER PIE

Rhea Chiles, wife of Lawton Chiles, Senator from Florida. ("This was given to me by Lawton's sister, Mrs. J. P. Ruthnen. It freezes beautifully.")

1 c. plus 3 Tbsp. sugar
20 Ritz crackers
3/4 c. pecans
1 tsp. vanilla
3 egg whites

Add Ritz crackers (which have been crushed with rolling pin) to half of the sugar, add pecans, chopped, and vanilla. Beat stiff, egg whites, add remainder of sugar gradually. Fold stiff egg whites into cracker mixture, pour all in buttered pie tin. Bake at 350° for 20 minutes. Cover with foil, refrigerate 2 hours. Top with whipped cream and shaved bittersweet chocolate.

SODA CRACKER PIE

Mr. Daniel J. Harnett, Assistant Administrator for Industry Affairs and Technology Utilization with NASA, chose this as his favorite, Mrs. Harnett says.

Melt 2 tablespoons butter in a pie plate, coat. Beat 4 egg whites with:

1/2 tsp. cream of tartar
1 1/2 c. sugar

Roll 16 salted soda crackers fine (in plastic bag) and add to egg whites. Add:

3/4 c. chopped pecans
1/2 tsp. vanilla

Pour into pie plate. Bake 20 - 25 minutes at 350°. Cool, spread with whipped cream. Chill 1 hour.

STRAWBERRY PIE

Mrs. Joseph Schertz, whose husband is with NASA at Kennedy Space Center, gave us this.

1 baked pastry shell
1 qt. strawberries
1 c. sugar
3 level Tbsp. cornstarch
1 c. whipped cream

Select half of choicest berries and place in baked shell. Mash remaining berries. Bring them to a boil and add sugar mixed with cornstarch. Cook slowly 10 minutes. Let cool and pour over uncooked berries in pastry shell. Top with cream or ice cream. Refrigerate.

STRAWBERRY PIE — Mrs. Robert Prentice

1 baked (9 inch) pie shell
4 c. strawberries (1 qt.)
3/4 c. water
3 Tbsp. cornstarch
1 c. sugar
1 Tbsp. lemon juice

Combine 1 cup strawberries and water in saucepan, simmer 3 - 4 minutes. Combine cornstarch and sugar, add to cooked fruit and cook until syrup is thick and clear, stirring constantly. Add lemon juice, cool slightly. Line pie shell with 3 cups berries, pour syrup over berries in shell and chill thoroughly. Decorate with whipped cream.

SPECIAL STRAWBERRY PIE — Mrs. Harold Robinson

Crust:

1/2 stick butter
1/4 c. sugar
1 egg yolk
1 c. sifted flour
Dash of salt

Cream butter and sugar until fluffy, beat in egg yolk, mix in flour, and salt just to blend well. Pat into 9 inch pie pan. Prick bottom and sides. Bake in 450° oven for 10 minutes, cool.

Filling:

1 layer vanilla cream
1 layer crushed strawberries (sweeten slightly)

Cover with whipped cream and decorate with whole berries.

FRUIT COBBLER

Mrs. Carl Albert, Wife of Speaker of the House of Representatives, from Oklahoma, "This is a recipe of the Speaker's "Favorite Aunt" (soon to be 89 years of age) given me as a young housewife. It was used in our 1955 Congressional Cook Book. It is economical also".

1 c. flour
1 c. sugar
Fruit (cherries, apples, etc., sweetened as needed)
1 c. milk
2 tsp. baking powder

Mix ingredients together in baking dish until well mixed, spread fruit over top. Bake 45 minutes at 300°. Serve hot with cream, cold with ice cream, or just plain. Simple but tasty. Serves 6.

****

When it's hot, I always dream,
Of some cold homemade ice cream.
When it's cool, I think homemade candy,
Always tastes just fine and dandy.
But when I'm in a springtime mood,
Homemade puddings are -um, so good.

****

DOUBLE FUDGE — Mrs. Addison Dishman

2 c. granulated sugar
1/2 c. canned milk
2 squares Baker's chocolate
1/3 c. Karo syrup
1 tsp. vanilla
1 Tbsp. butter
1 large tsp. cornstarch

Mix all together and cook until it makes a soft ball in cold water, take from fire, let cool a little, and beat. Pour into greased pan. While this is cooling, make light part:

2 c. brown sugar
1/2 c. canned milk
1/3 c. Karo syrup
1 large tsp. cornstarch
1 tsp. vanilla
1 c. chopped nuts
1 Tbsp. butter

Mix all ingredients together and boil until a soft ball is formed in cold water. Let cool while beating first part, then beat and when thick, pour on top of first part. Cool and cut.

WATERMELON MOLD ICE CREAM

Mrs. James S. McDonnell, whose husband is President of McDonnell Douglas Corporation, says this is "Good for a small astronaut's party."

1 pt. pistachio ice cream
1 pt. lemon ice
1 qt. raspberry ice
1 c. chocolate bits

Chill melon mold (quart size). Line sides with thin layer of pistachio ice cream. Put in freezer briefly. Add a thin layer of lemon ice or sherbet. Freeze, while quickly mixing raspberry ice with chocolate bits. Add mixture to mold, filling in center. Cover and freeze. Unmold on chilled platter, cut at table to unveil the watermelon effect.

PEACHES IN CHAMPAGNE ICE

Mrs. Donald Wills Douglas, Sr., whose husband is an Aerospace pioneer and Honorary Chairman on the Board of Directors of the McDonnell Douglas Corporation sent this out of this world dessert.

Bring to a boil and cook for 5 minutes:

3/4 c. sugar
1 1/2 c. water

PEACHES IN CHAMPAGNE ICE (Continued)

Let cool. Add to syrup:

3 Tbsp. cointreau
Thick peel of 1 orange
Thick peel of 1 lemon

Chill 2 hours. Discard peels. Add to chilled syrup:

2 c. champagne
Juice of 2 oranges
Juice of 1 lemon

Freeze until mushy. Beat with beater until smooth and return to freezer. Stir occasionally during freezing. Sprinkle 3 large peaches with sugar and 1/2 cup champagne. Let stand several hours. To serve, place each half of peach in goblet, and fill with champagne, ice.

ANNE MARIE'S MOON MINTS

Anna Marie Miller gave us her very special mints. They make any table a party table.

1 (3 oz.) pkg. Philadelphia cream cheese
Flavoring: Almond, rum, peppermint, chocolate
1 (1 lb.) pkg. 10XXX powdered sugar
Coloring: Any artificial color to go with flavor or color scheme

Mix cream cheese, flavoring, and coloring. Keep adding sugar until the consistency is firm enough to form a ball the size of a marble. Press into mold. You can make them skinny or fat! Press out of mold and place on waxed paper. Keep in refrigerator. Makes about 50, depending on size.

COFFEE MALLOW ICE CREAM

This is a favorite of the Harold Dunn's of California.

24 marshmallows
1 c. hot coffee
1/2 pt. whipping cream
Salt

Melt marshmallows in the hot coffee, stirring until smooth. When cool, fold in the whipped cream. Add a dash of salt. Freeze.

VANILLA ICE CREAM

Mrs. A. V. Dishman

4 eggs
1/2 c. sugar
1 qt. milk
1 tsp. vanilla

Beat eggs and sugar together, scald milk, and add very slowly to the egg mixture, stirring constantly. Cook in double boiler until thick (about 20 minutes), stirring constantly. Cool, add vanilla, and freeze. One pint of fresh fruit may be added to this for a peach or strawberry (or other fruit) ice cream.

GUAVE ICE CREAM

Three favorites from Hawaii (but equally at home in Florida) of the Dishman's.

2 c. guava pulp
1 1/2 c. sugar
2 c. milk
1 1/2 c. whipping cream, whipped
Pinch of salt

Wash, trim, and slice guavas into a flat bottom pan. Crush with potato masher and press through sieve. Measure pulp and add sugar and place in refrigerator until sugar is dissolved. Add milk and mix well. If guavas are of the sweet, rather than tart variety, add juice of 1 lemon. Pour into freezing tray, and when slightly frozen, fold in whipped cream. Continue freezing as quickly as possible.

COCONUT ICE CREAM

1 c. cream
1 c. sugar
1 c. grated coconut
2 c. milk

Heat cream and sugar, add coconut. Let stand about 1/2 hour and add milk. Freeze in ice cream freezer with beater. A delicate and delicious ice cream.

MANGO ICE CREAM

2 c. soft ripe mango pulp
3/4 c. sugar
Juice of 1 lemon
Pinch of salt
1/2 pt. heavy cream
2 whole eggs
2 Tbsp. sugar
1/2 tsp. almond extract

MANGO ICE CREAM (Continued)

Mash mango pulp throughly, add sugar and lemon juice, and mix well. Freeze for 45 minutes to 1 hour. Beat egg whites, adding 2 tablespoons sugar. Add beaten egg yolks and mix well. Whip cream. Add to egg mixture, then add frozen mango pulp and mix lightly. Return to freezing unit and freeze about 2 1/2 hours.

PAPAIA SHERBET

From Mrs. Addison Dishman. One who may not think he likes papaia, will find this delicious and guess it is apricot.

1 large ripe papaia
2 c. sugar
1 1/2 pt. milk
1/2 pt. cream
Juice of 2 oranges or lemons

Mash papaia. Add orange or lemon juice, sugar, milk and cream. Blend together, put in tray and freeze.

SPICED PINEAPPLE MOUSSE

From Mrs. John Perry, whose husband is with International Rockwell. He was at the Cape. Now in California.

6 oz. frozen pineapple drink
1/2 tsp. nutmeg
1 tsp. vanilla
1/2 c. sugar
1 c. heavy cream, whipped
2 egg whites

Let pineapple drink stand at room temperature until soft enough to stir. Combine with nutmeg, vanilla, sugar, mixing well. Fold in whipped cream, beat egg whites until stiff and fold into pineapple mixture. Turn mousse into punch cups or souffle dishes or sherbet glasses. Freeze until firm, ready to serve. Garnish with freshly grated nutmeg and serve with sugar cookies or vanilla wafers. 6 servings.

APRICOT PARFAIT (Frozen Dessert)

From Mrs. Jack Miller whose husband is Senator from Iowa. She says "he still prefers an Iowa corn-fed steak", but all of her recipes are great. This he can eat after his steak.

1 (No. 2) can apricots
1/4 c. sugar
2 egg whites
2/3 c. heavy cream

APRICOT PARFAIT (Continued)

Drain juice from fruit, add sugar and boil 10 minutes. Pour over stiffly beaten egg whites and chill. Press drained apricots through a coarse sieve and chill in refrigerator about 20 minutes. Whip cream stiff, add apricot pulp, mixing lightly, but thoroughly. Fold in egg mixture, pour in tray and freeze. Serves 6.

GRAND MARNIER OR COINTREAU CHOCOLATE MOUSSE
A specialty of Mrs. John Perry. (International Rockwell).

1 jar Smucker's chocolate fudge sauce, heated
1/4 c. water
1 pkg. unflavored gelatin
1 pt. whipping cream

Add to fudge sauce, together with:

1/3 c. liqueur
1 Tbsp. instant coffee

Blend and cool. Whip 1/2 pint cream, and fold in cooled chocolate mixture, put in sherbet glasses and chill. 4 - 6 servings. Top with whipped cream and shaved chocolate and (or) a cherry.

ALMOND ICEBOX CAKE

Another old recipe of Mrs. Denison's before the days of calorie counting. It should be called "refrigerator" instead of "icebox" now. Can be made in small cupcake papers. It doesn't help the cholesterol.

1 c. butter
1 1/3 c. sugar
6 eggs
1 pt. whipped cream
1/2 lb. almonds, toasted
30 almond macaroons
18 ladyfingers

Cream butter and sugar. Add 3 eggs, one at a time, beating 3 - 4 minutes between each egg. Then add 3 yolks of eggs, beating 5 minutes. (Do not underbeat.) Chop the almonds and add to mixture. Then fold in the stiffly beaten egg whites of the 3 eggs. Line spring form with ladyfingers, split. Put in a layer of mixture, then a layer of macaroons until all are used. Cover with waxed paper, refrigerate 24 hours. Turn on plate, cover with whipped cream (plus a little sugar and vanilla). Serve. Fit for gods of any planet.

SILVER LEMON CLOUD

Another one of Mrs. May Denison's.

8 eggs, separated
1 1/3 c. sugar
1 envelope gelatin
Juice of 1 1/2 lemons
Grated rind of 1 lemon
Laydfingers (or sponge cake)

Dissolve gelatin in 1/2 cup water (cold) and when soft, add 1/2 c. boiling water. Beat yolks of eggs well. Add 1/2 of sugar, lemon juice, and grated rind. Put in double boiler and cook until thick. Add gelatin and take from fire. Beat egg whites very stiff and add the rest of the sugar slowly. When the first mixture is cool, fold in whites. Line a spring form with ladyfingers which have been split in halves, and pour in mixture. Set in refrigerator and when stiff, cover with whipped cream. Serves 12.

CLOUD NINE

"My mother called this Strawberry Torte, but it is not a real torte. It is like eating strawberries (or raspberries) in the clouds". Mrs. Dishman.

6 egg whites, beaten stiff
2 c. granulated sugar

Add sugar slowly to the egg whites (stiff). Add 1 teaspoon vanilla, and last 1 teaspoon vinegar to the above. Beat well, pour into a spring form and bake at 275° for 1 hour. Do not let it get too brown. Let cool in open oven (no heat).

When cold, remove from pan. Lift off top and fill with whipped cream and strawberries (or drained frozen or fresh raspberries). Put top back on. Serves about 8 - 10.

APPLE PUDDING

From the late Mrs. Fred E. Waite, whose husband is with Pan American Airways at the Cape, comes this Old Tennessee recipe.

1 c. shortening
2 c. sugar
2 eggs
3 c. diced apples
2 tsp. cinnamon
1 tsp. nutmeg
2 tsp. vanilla
2 c. flour, sifted with 2 tsp. soda

Cream sugar and shortening, add beaten eggs. Add dry

APPLE PUDDING (Continued)

ingredients, mix well, then add apples. Bake about 45 minutes in 375° oven. This mixture expands so be sure the pan is large enough.

APPLE DUMPLINGS

Mrs. Edward M. Cortright, whose husband is Director of Langley Research Center in Hampton, Va., sent this.

2 c. sugar
2 c. water
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/4 c. (1/8 lb.) butter
6 apples

Dough:

2 c. flour
1 tsp. salt
2 tsp. baking powder
3/4 c. shortening
1/2 c. milk

Pare, core, cut into eighths, the apples. Sift flour, salt, baking powder. Cut in shortening, add all milk. Stir until moistened. Roll 1/4 inch thick. Cut into 5 inch squares. Arrange pieces of apples on each square. Sprinkle generously with cinnamon, and nutmeg. Dot with butter. Fold corners and pinch edges. Place in pan 1 inch apart. Cover with syrup made from the sugar and water. Bake at 375° for 35 minutes. Serve hot with cream.

MOTHER'S APPLE PUDDING

Mrs. Arthur Scholz' mother has been a visitor in Cocoa Beach many times. Art Scholz is with Boeing.

Thinly slice 4 pounds good cooking apples, and place in bottom of 6x14 inch baking pan. Sugar lightly with 2 cups granulated sugar. Cream together:

2 c. brown sugar
2 cubes butter or oleo

Add 2 full cups flour. Cut this dough into flat cookie shapes and place close together all over top of apples. Bake until golden brown in 350° oven for 45 - 50 minutes. Serve with ice cream or cream.

OZARK PUDDING

Mrs. A. M. Thomson sent this. Her husband is with I. B. M. at the cape.

3/4 c. sugar
1 heaping c. diced apples, fine
1/2 c. flour
1/2 c. nutmeats
1 egg
1/4 tsp. salt
1 tsp. vanilla
1 tsp. baking powder

Mix and put in greased square pan. Bake at 350° for about 40 minutes. May be served warm or cold, cut in squares, with vanilla ice cream on top.

OZARK BAKELESS PUDDING

From Mrs. Donavan MacPherson. Serves 6.

1/2 c. butter or oleo
1 c. sugar
1 small can crushed pineapple or peaches
1/2 lb. graham crackers
2 eggs
1 c. chopped nutmeats

Cream butter and sugar, add well beaten eggs, nuts, and pineapple. Crush crackers and mixture in dish. Allow to set for 12 hours in refrigerator. Serve with whipped cream or orange sauce.

BLUEBERRY PUDDING

Mrs. Reynold Doerer, Cocoa Beach Commissioner, contributed this. She is President of the Cocoa Beach Woman's Club.

1 c. brown sugar
1 Tbsp. shortening
1 tsp. cinnamon
1/2 tsp. soda, dissolved
1 pt. blueberries
2 eggs
1 c. flour

Combine, folding in blueberries last. Put in casserole and bake at 375° for 30 minutes.

NOODLE PUDDING

Mr. J. L. Bromberg is Vice President and General Manager for Strategic Defense Program with McDonnell Douglas Astronautics Company. His wife sent this one of the favorites.

NOODLE PUDDING (Continued)

1 (8 oz.) pkg. wide noodles
4 eggs
1 large carton sour cream
1 large pkg. cream cheese
1/4 lb. butter
1/4 tsp. salt
1/2 tsp. vanilla
2 Tbsp. sugar

Cream butter, cheese, and sour cream. Add lightly beaten eggs, sugar, and vanilla. Add to boiled noodles. Bake in 350° oven in buttered casserole approximately 1 hour.

PINE "APOLLO" NOODLE PUDDING

From Mr. and Mrs. Arnold W. Frutkin, Assistant Administrator for International Affairs, NASA in Washington. She says, "While it may not do too well in a Space Capsule, our earthling children have always thought it an "Out of this World" noodle pudding."

Butter a 1 1/2 quart casserole, and preheat oven to 350°. Boil 1/2 pound noodles. Mix:

4 Tbsp. melted butter
2 slightly beaten eggs
Cinnamon to taste
1 large can evaporated milk
1/2 c. sugar
1 can drained, crushed pineapple

Stir with noodles and put mixture into casserole. Spread with topping of:

1 small box crushed cornflakes
1/4 c. brown sugar
2 Tbsp. half & half cream
4 Tbsp. melted butter
1 Tbsp. Karo syrup

Bake 1 hour. Serves 6.

PEARS IN COINTREAU

A very special recipe is this one of Mr. and Mrs. Gerard M. Truszynski. He is Assistant Administrator for Tracking and Date Acquisition, NASA, Washington, D. C.

4 large winter pears
1/2 c. sugar
1/2 c. brown sugar, firmly packed
1/3 c. butter
1 Tbsp. flour
2 Tbsp. seedless raisins
2 Tbsp. chopped almonds
1/2 c. cointreau
2 Tbsp. lemon juice

PEARS IN COINTREAU (Continued)

Pare, core, and quarter pears, then arrange them in a well greased 8 inch square baking pan. Cream sugars and butter together. Stir in flour, raisins, and nuts. Sprinkle sugar mixture over pears. Combine cointreau and lemon juice, pour over fruit. Bake in a moderately hot oven (375°) until fruit is tender, about 30 minutes. Serve warm with whipped cream. Serves 6 generously.

PERSIMMON PUDDING

An unusual recipe from Mrs. William Duval, whose husband is Vice-President of McDonnell Douglas Astronautics Company at the Cape.

1 c. sugar
1 c. persimmon pulp (2)
2 tsp. butter
1 egg, beaten
1/2 c. milk, add to eggs
Grated lemon rind
1/2 tsp. salt
1/2 tsp. cloves
1 tsp. cinnamon and nutmeg
1 c. flour
2 tsp. soda, sift with flour

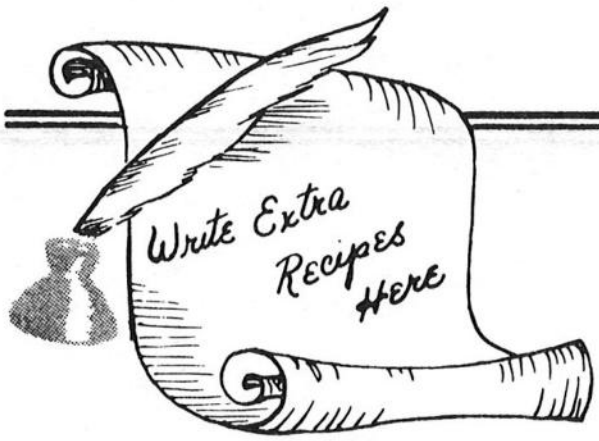
Combine all ingredients. Place in top of double boiler, and steam 2 hours. Delicious plain - whipped cream - hard sauce - or?

MRS. JOHNSON'S RECIPE FOR TAPIOCA CREAM PUDDING

Mrs. Lyndon B. Johnson, Widow of the late former President of the United States, and for whom the Houston Space Center is now named.

5 Tbsp. tapioca
3 c. skim milk
2 eggs, beaten
1 tsp. vanilla extract
Pinch of salt
3 egg whites, stiffly beaten
1 Tbsp. artificial sweetener
1/2 c. powdered sugar

Mix cold milk with tapioca, beaten eggs, vanilla, and salt. Soak for 10 minutes, then cook until thick. Chill thoroughly. Add artificial sweetener and fold in the beaten egg whites and powdered sugar.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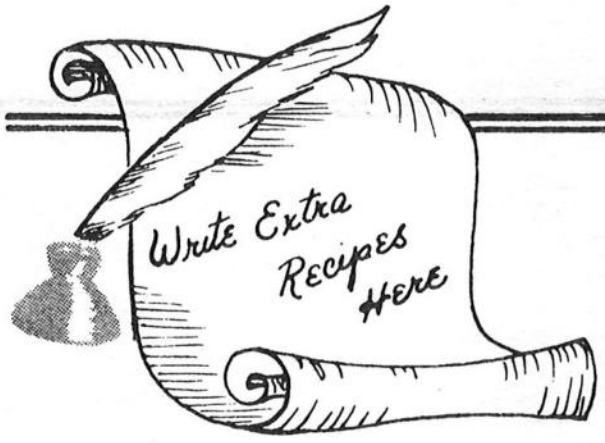
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It was the Astronauts who told me,
The moon is not made of green cheese,
So pass me some Swiss, Edam, or Brie,
From our good planet Earth, if you please.

****

GRITS CASSEROLE

Dotty Duke wrote, "I am sending you a recipe for a delicious grits casserole - since grits was first carried to the moon by Charlie. Being a South Carolinean, he is very found of grits and asked the NASA dietitians to prepare it for him for Apollo 16." This is a favorite of Astronaut Charles Duke.

Cook 1 cup grits in 4 cups boiling water, according to package instructions. When done, add:

1 stick butter
1/2 c. grated Cheddar cheese

Mix until both are melted, add 1/2 cup milk and stir. Let mixture cool a little and add 4 egg yolks, 1 at a time. Mix. In separate dish, beat 4 egg whites until foamy, but not stiff. Fold into grits. Bake in shallow (2 inches high) well greased baking dish at 325° for about 1 hour and 15 minutes, or until puffed high and lightly browned.

GNOCCHI ALLA ROMANA

Mrs. H. C. Weart says this is a good brunch dish, as an accompaniment to ham or Canadian bacon or buffet supper instead of the usual potato or rice dish. Mrs. Weart is a sister of Astronaut Mike Collins, who always enjoyed Gnocchi when he visited them. Capt. H. Cordie Weart is retired U.S. Navy, now living on Merritt Island.

1 qt. milk
1 c. farina (or regular cream of wheat - not instant)
1/4 lb. butter
1/2 c. grated Parmesan cheese
1 tsp. salt, dash of pepper

In top of double boiler, gradually stir farina into milk, add rest of ingredients and cook over boiling water until butter and cheese melt and mixture is very stiff. Remove from heat, and beat in 3 eggs, one at a time. Pour into greased, flat, 2 quart

GNOCCHI ALLA ROMANA (Continued)

baking dish. Chill, preferably overnight. Cut into serving size rectangles. Top each with a pat of butter and generous sprinkling of additional Parmesan cheese. Bake at 350° for 30 - 35 minutes. Serves 8.

NOODLES ROMANOFF — Mrs. Ralph Ross

2 (8 oz.) pkg. egg noodles (1 lb.)
3 c. large curd cottage cheese
2 cloves garlic, mashed
2 tsp. Worcestershire sauce
1 pt. sour cream
1 bunch green onions, finely chopped
1 tsp. Tabasco sauce
1 c. grated Parmesan cheese

Cook noodles until tender. Drain. Combine with cottage cheese, garlic, Worcestershire sauce, sour cream, and onions, and Tabasco sauce. Put in greased casserole, sprinkle with Parmesan cheese. Bake at 350° for 25 minutes. Casserole can be prepared early in the day and refrigerated. If so, increase cooking time 10 minutes. Serves 16.

SIX EGG CHEESE SOUFFLE

Mrs. Frederic Miller contributed these never fail favorites. Major General Miller (Ret.) is with NASA at the Cape.

4 Tbsp. butter or margarine
4 Tbsp. flour
1 tsp. salt
6 eggs
Dash of cayenne pepper
1 1/2 c. milk
1/2 lb. American Cheddar cheese, sliced

Make a sauce by melting the butter or margarine in the top of a double boiler over boiling water, adding flour, salt, and cayenne pepper, stirring until smoothly blended. Add milk. When thickened and smooth, add the cheese and stir until it is melted. Remove from the heat, add beaten yolks of the eggs, and mix well. Slightly cool the mixture, then pour it slowly onto the stiffly beaten whites of the eggs, cutting and folding the mixture thoroughly together. Pour into an ungreased 2 quart casserole. With a teaspoon, draw a line around the casserole 1 inch in from the edge to form a crease which when baked, forms a "tophat". Bake 1 1/2 hours in slow oven (300°). Serve at once. 4 - 6 servings.

FOUR EGG CHEESE SOUFFLE

2 Tbsp. butter or margarine
2 Tbsp. flour
1/2 tsp. salt
4 eggs
Dash of cayenne pepper
3/4 c. milk
1/2 lb. American Cheddar cheese, sliced

Follow directions for Six Egg Souffle, but pour into a 1 1/2 quart casserole and bake at 300° for 50 minutes.

CHEESE FONDUE

Mrs. Raymond Hill (McDonnell Douglas).

Pour 3/4 bottle Almaden Rhine wine in pot. Bring to simmer, not boil, add:

1 lb. Velveeta cheese in chunks
Large clove garlic, minced
1 (6 oz.) pkg. Gruyere cheese
1 tsp. caraway seed
1/2 tsp. nutmeg

After cheeses melt, thicken to proper consistency with cornstarch dissolved in cold water. Add more wine if too thick. Spear with chunks of French bread.

CHEESE SOUFFLE

A favorite of Mr. and Mrs. Reynold Doerer. Mrs. Doerer is President of the Cocoa Beach Woman's Club and a City Commissioner.

6 slices diced French bread
2 1/2 c. diced cheese, sharp
3 beaten eggs
2 1/2 c. milk
1 tsp. salt
1/4 tsp. dry mustard

Alternate cheese and bread in casserole. Beat eggs, add milk and seasoning. Refrigerate overnight. Bake 1 hour at 350°.

CHEESE STRATA

A great variation, a mock souffle from Mr. and Mrs. Robert Butler (McDonnell Douglas).

Enough slices of bread, cut in thirds, and crust trimmed, to fill a 12x8 inch baking dish.

CHEESE STRATA (Continued)

1 1/2 lb. bacon, fried crisp and crumbled
1 1/2 lb. Cheddar cheese, grated
3 c. milk
6 eggs
1 tsp. dry mustard

Lay bread on the bottom of baking dish. Sprinkle cheese over bread, and bacon over cheese. Mix milk, eggs and mustard, pour over the above. Bake at 350° for 1 hour until knife inserted comes out clean. (Diced chilies may be added if desired.)

CHEESE CAKE

From Mrs. Addison Dishman. A great specialty of her mother's, Mrs. Denison. Mrs. Dishman says, "A waitress in New Zealand when asked whether dessert or cheese came first, said her mother always served cheese cake then there was no question."

1 c. sugar
2 1/2 c. Zwieback
3/4 c. butter

Roll Zwieback fine and mix with butter and sugar. Grease sides of spring form and cover bottom and sides with crumbs, reserving a cup full for the top of the custard.

2 c. cottage cheese
5 eggs, beaten separately
1 c. sugar
1/4 tsp. salt
1 pt. thin cream or milk
3 Tbsp. flour
1 tsp. vanilla

Beat egg yolks. Mix sugar, flour, cheese well, and add egg yolks, then milk. Cook in double boiler until thick, about 30 minutes. Fold in egg whites, beaten stiff. Pour into Zwieback crust, sprinkle top with crumbs, and if desired, cinnamon. Bake 30 minutes in moderate oven. The crust may be baked 10 minutes before you put in the custard.

CHEESE BREAD

Mrs. D. D. Wyatt recommends this with spaghetti, salads, steak, etc., or an hors d'oeuvre. Her husband is Assistant Administrator for Planning, NASA, Washington, D.C.

Slice loaf of Italian bread horizontally. On cut sides, apply the following in sequence: Butter - be sure to spread liberally

to edge; Blue cheese - grated over entire surface; sharp Cheddar (York State) grated over entire surface; green onion - slivered in approximately 1 inch sections, sprinkled; Worcestershire sauce - sprinkled over surface to taste - just before serving. Place under broiler until cheese is melted and bubbly. Slice diagonally.

Serves 4 - 6.

CHEESE TARTS

Gillian Gowen, whose husband is a Commander in the British Navy, and was stationed in Washington, sent this.

6 oz. cheese pastry
3 eggs
4 Tbsp. cream
3/4 pt. thick white sauce
6 oz. cheese
Salt, pepper, and nutmeg (pinch of each)

Roll out cheese pastry and line patty tins. Melt 2 ounces butter, add 2 ounces flour gradually, then 3/4 pint milk. Cool. Return to heat, add eggs, one at a time, then cream, grated cheese. Fill tarts with sauce and decorate edges with grated cheese. Bake at 400° for 25 - 35 minutes. Edges can be decorated with cheese after baking.

HOT CHEESE COOKIES

Mrs. Edwin W. Stiles was visiting Mrs. Fredenburg in Cocoa Beach and made these delicious "cookies" to serve with cocktails.

2 sticks oleo
1/2 lb. sharp American cheese, grated
1 c. chopped pecans
2 1/2 c. flour
1 tsp. salt
1 tsp. cayenne pepper

Mix with hands, make into rolls the size of 50¢ piece. Chill thoroughly. Slice them and bake slowly at 325° for 15 - 17 minutes until slightly brown. Easiest to use greased Teflon cookie sheet.

PECAN COATED CHEESE BALL

The late Mrs. Robert R. Gilruth, whose husband is Director, Manned Spacecraft Center, Houston, Texas, sent this in November, saying "this is one I made up to take to the wives of the team after splashdown of that particular flight -- to be used when their husbands return home." We know she is missed in Houston.

PECAN COATED CHEESE BALL (Continued)

1 (8 oz.) pkg. cream cheese
1 (5 oz.) small jar processed sharp cheese spread
2 (5 oz.) small jars Roquefort cheese spread (or Roca Blue spread)
1 small onion, minced
1 clove garlic, minced or mashed

Let cheese warm to room temperature, then beat together until light and fluffy, and blended. Beat in onion and garlic. Chill. Roll into a ball. Then roll ball in chopped nutmeats until well covered. Then chill again. Serve later at room temperature, for easy spreading. Yield: 1 large cheese ball. This keeps well.

CHEESE BALL

Shirley Russell, whose husband is with International Rockwell, contributed this.

8 oz. cream cheese
4 oz. Blue cheese
Chopped black olives

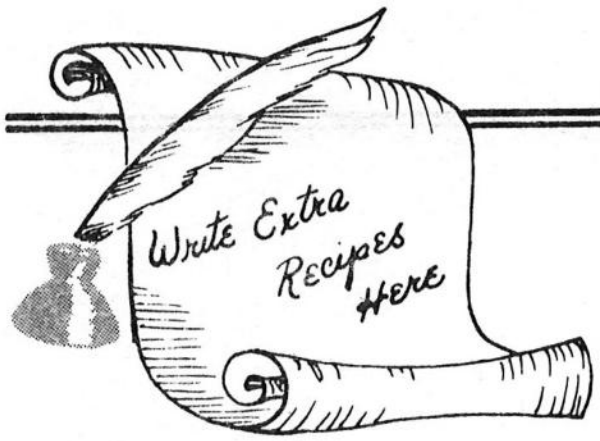
Mix cheeses and olives, make a ball. Roll in crushed peanuts, refrigerate, and serve with crackers.

MOON CHEESE

Mrs. Gordon Pritchett contributed this version of cheese ball.

8 oz. Velveeta cheese
8 oz. cream cheese
Paprika, cayenne pepper, walnuts or pecans
2 cloves garlic, pressed
1 Tbsp. salad herbs (Spice Islands or McCormick)

Let cheese come to room temperature. Mash with potato masher. On a piece of waxed paper, sprinkle (solid) paprika, cayenne pepper, ground fine walnuts or pecans (grind in blender). Roll cheese mixture into a ball or roll, and roll in paprika and nut mixture. Then refrigerate a few hours before serving. Makes 1 pound cheese ball. Recipe can be halved or doubled as desired.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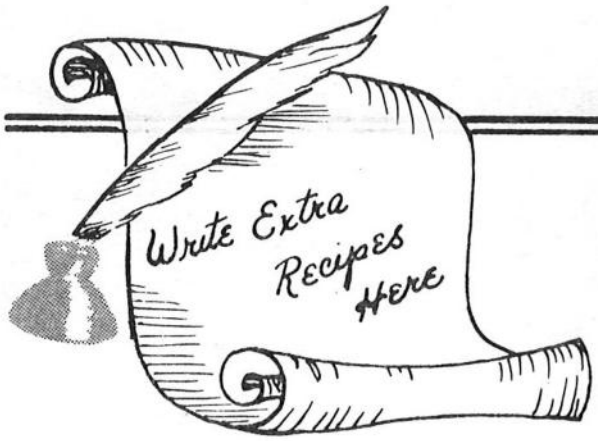
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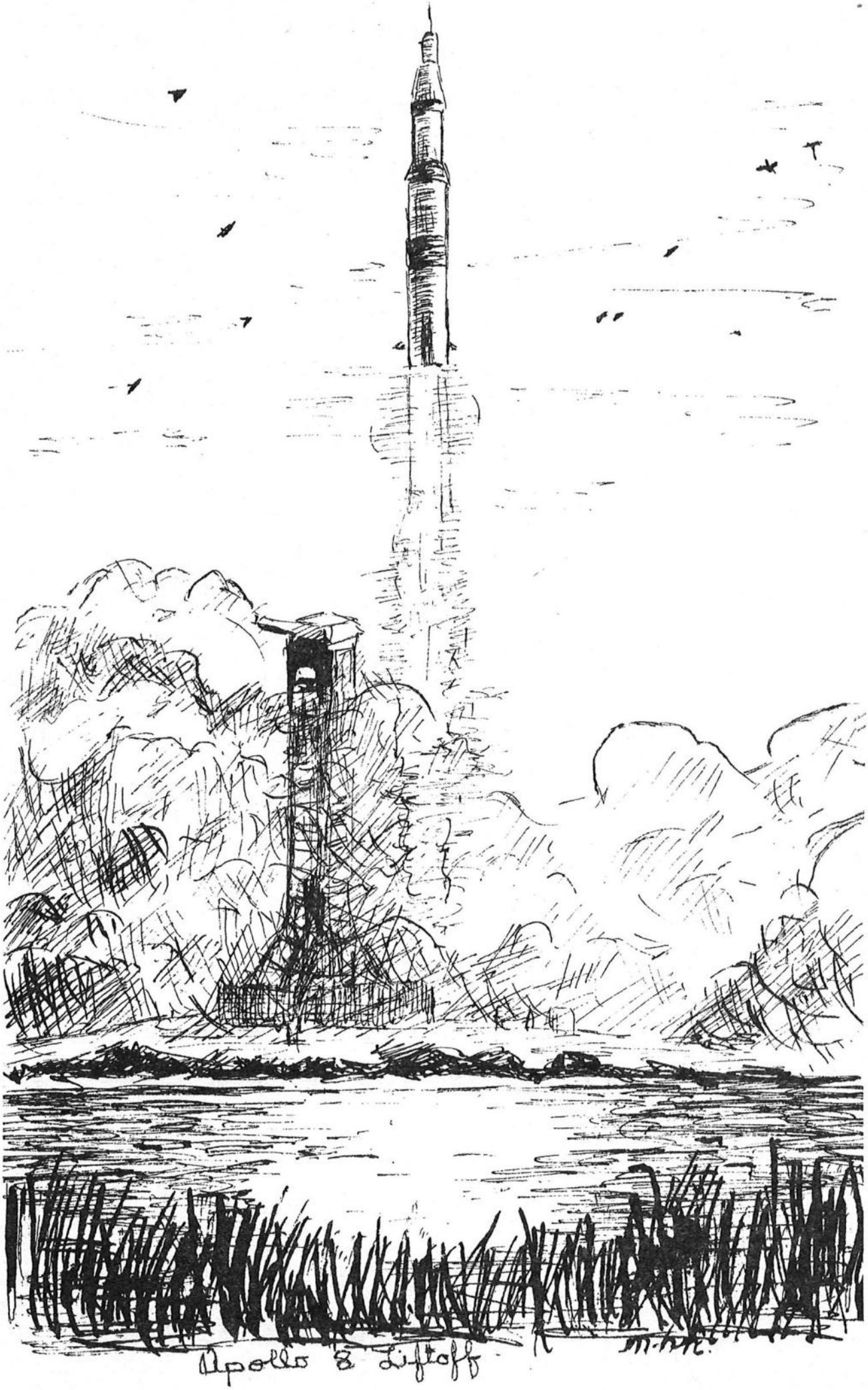
Apollo 8 Liftoff

"MISSILE"LANEOUS

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Cocoa Beach, Florida

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Sometimes you come across a dish,
That's neither fowl, nor fish.
For all those recipes extraneous,
We have our chapter "**M**issile"laneous.

****

A note from Henry A. Kissinger, who has spent almost as much time in space as on the ground.

Mrs. Harold Robinson served on the Cook Book Committee, and was helped by her husband, who received this letter:

"Dear Mr. Robinson:

Thank you for your letter of July 12 and please thank Mrs. Robinson for her interest in including me in her cookbook. I was honored that she thought of me. Unfortunately, my heavy business schedule leaves me little time for cooking, much less for working out a favorite recipe. I regret therefore that I cannot help you with the cookbook, but pleased that you wrote to me.

Best regards,
Henry A. Kissinger"

Ron Evans (Astronaut on Apollo 17) when asked what favorite recipe he would like on returning to Planet Earth, wrote:

"Dear Alice:

Sorry, but I don't cook -- However some good old steak and eggs would taste delicious.

Best wishes,
Ron Evans"

We suggest that he start with Ed Mitchell's "My Only Recipe" and proceed to "Happy Camp's Corn Meal Eggs", and William Duval's "Saturn Eggs with Satellites".

MY ONLY RECIPE

Astronaut Ed Mitchell, who was a member of the flight crew of Apollo 14, gave us this delightful recipe. Corn Meal Eggs, which follows is serious, but this should be taken with a grain of salt.

1 pan - fill with water
2 fresh eggs

Put in water. Boil for 4.2 minutes. Remove shell. Serves 1 bachelor astronaut for breakfast.

CORN MEAL EGGS

Congressman and Mrs. "Happy" Camp sent this from Oklahoma. He is a member of the Congressional Committee on Science and Astronautics.

2 eggs
White corn meal
2 Tbsp. butter
Salt and pepper (opt.)

Melt butter in medium frying pan. Sprinkle in corn meal, covering bottom of pan and stir until lightly browned. Break eggs into corn meal and butter mixture. Cook to doneness desired, turning eggs once. (1 serving.)

SATURN EGGS (WITH SATELLITES)

This is a specialty of Mrs. William L. Duval, Vice President Director McDonnell Douglas Corporation, Florida Test Center.

Ingredients for 4 servings:

4 large eggs
4 slices bread
1 Tbsp. Parmesan cheese
4 Tbsp. butter
Salt and pepper

Lay the bread slices flat on a hard surface, and using a 10 ounce highball glass as a cookie cutter, remove the centers, saving them (your satellites) to be used later. In a large skillet melt 2 tablespoons butter (approximately 350°) and then place the bread in the pan until the down side is brown. (At this point, put the satellites into the toaster to serve with your planets, either butter them or serve with Parmesan.) Flip the slices over and put 1/4 of the remaining butter in each crater (hole). Next, crack an egg into each crater, and dash a little salt and pepper on each egg. Cover the skillet and reduce heat slightly. When yolks are still slightly "quivery", sprinkle 1/2 teaspoon

Parmesan cheese on each planet. Cover again until cheese melts. Remove and serve immediately.

BACON AND EGGS WITH AVOCADOS

Mrs. Malcolm Ramsay, Jr., gave us this favorite. Her husband is retired. She was the sixth president of the Cocoa Beach Woman's Club.

Fry 1 pound bacon crisp. Hard boil 1 dozen eggs. Peel and slice 2 ripe avocados, cover with lemon juice and set aside. Make white sauce of:

3 Tbsp. butter
3 Tbsp. flour
3 c. milk
Salt and freshly ground pepper to taste

To this mixture, add large can of drained sliced mushrooms, and a small can of pimiento (mostly for color). Just before serving time, add the bacon crumbled, well drained avocado, and 1 cup of dry white wine. Serve on toasted, buttered English muffins or in pastry shells (men seem to prefer the muffins). This is excellent for a brunch. Serve with melon balls, brandied ginger pears, sugared strawberries (in season), Bloody Marys and Coffee Royale.

SHEER JOY GRITS

From Mr. and Mrs. Boyd C. Myers. Mr. Meyers is Deputy Assistant Administrator for Administration NASA, Washington, D.C.

1 c. quick cooking grits
4 Tbsp. butter or margarine
1 tsp. sugar
1/2 tsp. salt
1 1/2 c. water
1 1/2 c. milk
2 well beaten eggs
3/4 c. grated Cheddar cheese
Additional cheese and butter

Bring water to boil. Add grits, butter, salt, and sugar. Cook. Add eggs, milk, 3/4 cup cheese. Mix well and pour into 2 quart well greased casserole. Top with additional cheese and butter. Bake at 350° for 1/2 hour.

BUTTERMILK PANCAKES OR WAFFLES

Mr. William Holmes who is the Boeing Atlantic Test Center Manager, contributed this.

1 qt. buttermilk
1 c. brown sugar
3 eggs*
2 heaping tsp. baking soda
2 heaping tsp. baking powder
1 tsp. salt
3 c. all purpose flour
1/4 lb. butter or margarine, melted

Beat eggs, add sugar and beat until creamy. Add buttermilk, mix well. Add baking powder, soda, salt and flour. Beat until smooth and creamy. Add melted butter. Beat until thoroughly mixed.

* For waffles, separate and keep whites to add later. For waffles, add stiffly beaten egg whites, fold in. Pancakes: Electric fry pan, 380°, rub with waxed paper. Waffles: Use lightly greased or oiled waffle iron.

CORN BREAD STUFFING

Mrs. Addison Dishman

1 package corn bread mix, made according to directions, and cooled, crumbled.

4 c. bread crumbs (use blender to make into crumbs)
1 c. celery, chopped
1 onion, cut fine (onion flakes may be used)
1 tsp. sage
2/3 c. melted butter
Salt and pepper to taste

Mix all together and stuff turkey, chicken, etc.

AVOCADO COCKTAIL

Mrs. Carl Eschels contributed this excellent first course cocktail, not the drinking kind.

1 diced tomato
3 c. diced or cubed avocado
1 c. diced celery

Combine above and put in cocktail glasses. Combine in bowl:

1/2 c. ketchup
1 tsp. prepared mustard
1 tsp. Worcestershire sauce
2 Tbsp. lemon or lime juice
2 Tbsp. mayonnaise
1/4 tsp. salt, dash of pepper, dash of Tabasco sauce

AVOCADO COCKTAIL (Continued)

Blend and pour over avocado mixture. Serve chilled. 6 servings. Space Coast avocados are particularly good. This is also good on another of our fruits, the papaia. Also good on seafoods, lobster, shrimp, tuna, salmon, or crab, or they may be added to the avocado.

RELISH

This recipe of Mrs. Boyd C. Myers could be served as a substitute for salad or as the French do as a first course hors d'oeuvres as well as a relish.

1 c. French string beans
1 lb. can Le Seur peas
1 c. chopped pimiento
4 stalks celery, minced fine
1 onion, minced fine
1 green pepper, minced fine
1 c. oil
1/2 c. cider vinegar
1 c. sugar
1 Tbsp. salt
1 tsp. paprika

Refrigerate for 24 hours. Drain and serve.

CHOW - CHOW

Mr. and Mrs. Joseph Miorelli have this favorite of Helen's grandmother's recipe. A good accompaniment to any meat or sandwich. Joe was with Pan American at the Cape, but is now in the building business, and Helen is in Real Estate.

1 small head cabbage
1/2 dozen green peppers
1 small head cauliflower
1/2 dozen cucumbers

Shred cabbage, slice peppers and cucumbers, break cauliflower into small pieces. Soak in salt water overnight Precook:

1/2 dozen carrots, sliced
1/2 lb. lima beans
1 lb. string beans

Drain vegetables, and add:

1 1/4 qt. vinegar
1 pt. water
1/2 Tbsp. turmeric
1/2 Tbsp. celery seed
1 oz. dry mustard

Cook until vegetables are still firm. Add 3 cups sugar and 3/8 cup flour. Heat thoroughly and put into sterilized Mason jars. Seal.

GREEN TOMATO PICKLES

Mrs. Thomas Groover gave this recipe of her husband's mother.

7 lb. green tomatoes, sliced
2 c. lime
2 gal. water
3 qt. vinegar
4 lb. sugar
2 Tbsp. salt
2 large tsp. pickling spices

Dissolve lime in water, add tomatoes and soak for 24 hours. Rinse tomatoes until water is clear and no trace of lime remains. Cover with fresh water and soak 2 hours. In large pan, combine vinegar, sugar, salt, spices, and tomatoes. Cook for 2 hours. Makes about 4 quarts.

MANGO CHUTNEY

This is a recipe from Hawaii. Mrs. Addison Dishman.

4 lb. sliced half ripe mangoes
1/2 lb. almonds, slivered, blanched
1/2 lb. preserved ginger, diced
1 lb. raisins
2 small cloves garlic (may be omitted)
3 lb. brown sugar
1 pt. vinegar

Salt and pepper to taste. Cayenne pepper or small red pepper may be added. The mangoes can be sliced the night before and sprinkled with salt and the water poured off the next day, or they can be sliced that day. Make a syrup of the vinegar, sugar, salt, pepper, ginger. Add other ingredients and cook slowly for about 2 hours. Stir so it won't stick. Bottle and seal.

PINEAPPLE PICKLES — Mrs. Addison Dishman

4 c. pineapple, fresh or canned
3 c. brown sugar
1 c. vinegar
5 cloves
3 pieces stick cinnamon

Cut pineapple into bite sized pieces. Boil vinegar, sugar, cloves, and cinnamon stick for 20 minutes. Add pineapple, and boil until pineapple is transparent. If juice is not thick, put pineapple into jars, boil juice longer and cover fruit, and seal. Serve with curries, hot or cold meats.

HOT BARBECUE SAUCE

Mrs. Robert Prentice saved this from Life Magazine of July, 1953, as a favorite.

2 1/2 c. chili sauce
1 tsp. chili peppers
3/4 c. olive oil
1/3 c. lemon juice
1 Tbsp. brown sugar
2 Tbsp. tarragon vinegar
1 bay leaf
2 tsp. Tabasco sauce
1 tsp. dry mustard
1/3 c. water
2 c. onion, finely chopped
2 garlic cloves, finely chopped
1 tsp. salt

Combine ingredients in saucepan. Bring to a boil, reduce heat and simmer for 15 minutes. This sauce is best when served with lamb, spareribs, and chicken.

"QUICK-EASY" HOMEMADE MAYONNAISE

Along with General G. B. Medaris' recipe for shrimp curry, comes this from Mrs. Medaris.

Use only Hellmann's as a base, as it is the only one on the market that is real mayonnaise, but is very mild. Use a pint jar. Put a good quantity of Hellmann's in it. Add:

Good Tbsp. or more of French's prepared mustard
Heaping tsp. celery salt
Few dashes Lea & Perrins Worcestershire sauce

Stir until well blended, and that's it! It is impossible to tell it from real, homemade mayonnaise one made from scratch, adding oil drop by drop. That takes so much time.

OLD FASHIONED SALAD DRESSING

Mrs. John Mace, whose husband is with NASA.

1 c. mayonnaise
1/2 c. sugar
1/4 c. vinegar

Mix well and set aside for a few days. The longer, the better because as the dressing ages, it gets thicker and thicker. After a few months (if you can keep it that long) it is even better. This is a sweet and sour dressing and may be used on fruit salads, (especially Waldorf), cabbage slaw, carrot and raisin, or even poured over head lettuce. Yum - Yum...

SALAD DRESSING

Mrs. Arthur Scholz (Boeing) gives this versatile dressing that may be used on tossed salad or baked potatoes.

1 c. cottage cheese
1/2 c. mayonnaise
2 tsp. lemon juice or wine vinegar
3 Tbsp. green onions or chives, chopped fine
2 Tbsp. finely chopped parsley
Salt
Course ground pepper
Sour cream to make 1 pint
Roquefort or Blue cheese to taste

Blend all ingredients well.

BEST CELERY SEED DRESSING

Mrs. Carl Eschels adds this to the variations of salad dressings.

1/3 c. sugar
1 tsp. salt
1 tsp. dry mustard
1 Tbsp. grated or chopped onion
1/4 c. vinegar
1 c. salad or olive oil
1 tsp. celery seed

Mix first five ingredients in a blender. Add oil, 1 tablespoon at a time, or pour very slowly, beating constantly until thick. Stir in celery seed. Yield: 1 1/2 cups. Good on lettuce, sliced in wedges.

EASY BLEU CHEESE DRESSING

From Mrs. Dale D. Myers, whose husband is Assistant Administrator for Manned Space Flight, NASA, Washington, D. C.

4 oz. Bleu cheese
1/2 c. very hot water
1/3 c. wine vinegar
1 pt. mayonnaise or salad dressing

Crumble Bleu cheese into bowl. Add hot water and stir until the "Bleu" part is dissolved, but still leaving chunks. Add vinegar and your favorite mayonnaise or salad dressing. Blend well. To get your choice of consistency, thin with cream, or thicken with additional mayonnaise.

NEVER FAIL ECONOMY HOLLANDAISE SAUCE

Mrs. J. B. Medaris says this makes 3 generous or 4 light servings.

1/4 c. butter (1/2 stick)
1/4 c. cream, sweet or sour (half of each will do)
3 egg yolks
1 Tbsp. lemon juice (usually juice of 1 lemon, strained)

Melt butter in top of double boiler, beat egg yolks in cup with fork, and add cream, beat together. Add to melted butter (off heat), stirring well. Add lemon juice and salt to taste, and mix. Cook over boiling water, stirring constantly until thickened and smooth (a very few minutes). Remove from heat immediately and beat until light. This may be warmed up later with constant stirring over hot water.

RAISIN SAUCE — Mrs. Addison Dishman

3/4 c. raisins
1 c. water
4 - 5 cloves
3/4 c. brown sugar
2 tsp. cornstarch
1/4 tsp. salt
Few grains pepper
1 Tbsp. butter
1 Tbsp. vinegar or lemon juice
1/4 tsp. Worcestershire sauce

Cover the raisins with water, add cloves, and simmer for 10 minutes. Add the sugar, cornstarch, salt, and pepper, which have been mixed together. Stir until slightly thickened, and add the remaining ingredients. This is excellent with ham.

HORSERADISH SAUCE — Mrs. Addison Dishman

Cream:
1/4 c. butter
2 Tbsp. grated horseradish
1 Tbsp. cream
1 tsp. vinegar

Serve with roast beef.

MUSTARD SAUCE — Mrs. Addison Dishman

Stir over low heat until warm:

1 Tbsp. flour
1/2 c. vinegar

Add:
1/2 c. sugar
1 Tbsp. dry mustard
1 c. cream or canned milk
1 beaten egg

MUSTARD SAUCE (Continued)

Cook in double boiler until thick. Serve with ham, ham loaf, hot dogs, or any meat.

JIFFY ICING

Mrs. Stanley Adams contributed this quick and never fail recipe.

1 egg white
3/4 c. sugar
1/8 tsp. cream of tartar
1/3 c. boiling water
1 tsp. vanilla

Rinse small bowl of electric mixer with hot water. Add all ingredients except vanilla, and beat about 5 minutes, or until icing reaches food spreading consistency. Add vanilla.

DELICIOUS CAKE FROSTING — Mrs. Grover C. Ingersoll

1 c. sugar
1 Tbsp. cornstarch
1 c. water
1 1/2 squares Baker's chocolate
Butter, size of an egg (1/2 stick)
1 tsp. vanilla

Mix all except vanilla well. Cook thoroughly until the right consistency to spread. Remove from heat and stir in vanilla.

CHOCOLATE FROSTING OR SAUCE — Mrs. Addison Dishman

1 can sweetened condensed milk
1 square unsweetened or semi-sweet chocolate
1 Tbsp. butter
1 tsp. vanilla
Little milk or cream if it becomes too thick

Cook in double boiler, stirring constantly until thickened. Add vanilla. This will never get hard or sugary. Delicious on ice cream. Will keep in refrigerator.

NASI GORENG (Indonesian Fried Rice)

Mr. and Mrs. Allan Brush (The Boeing Company) sent this dish that almost sounds like NASA.

NASI GORENG (Continued)

1 lb. ground chuck
1/4 c. dried bread crumbs
2 eggs, unbeaten
2 c. chopped onions
3 tsp. salt
1/2 tsp. pepper
6 Tbsp. butter
2 c. diced celery
4 Tbsp. salad oil
1 lb. fresh shrimp, shelled, and deveined
2 - 3 Tbsp. curry powder
4 c. chicken broth
4 c. precooked rice (packaged)

Combine chuck, bread crumbs, eggs, 1/2 cup onion, salt, and pepper. Form into tiny meat balls, set aside. In large Dutch oven, melt 3 tablespoons butter. Add 1 1/2 cups onion and celery, saute until golden, remove from pan. In same pan, brown meat balls, keeping them round by rotating pan. Melt 3 tablespoons butter, add curry, 2 teaspoons salt, 1/4 teaspoon pepper, add broth, bring to boil. Add rice, cover, remove from heat, let stand 5 minutes. Add celery-onion mixture, shrimp and rice to meat balls in pan. Cover and heat until hot. Serve in same Dutch oven or heaped on platter. Serves 8 - 10.

HAWAIIAN POI LUNCHEON OR SUPPER

Mrs. Addison Dishman contributed this Menu for that "luau". A luau is a Hawaiian feast where the pig has been roasted underground. This is a simpler version for inside cooking and is called a poi luncheon or supper.

"Come to our hale for beeg luau,
Eat Lomilomi salmon and plenty laulau,
Bananas and sweet potatoes, roasted in skin
No pilikia - next week you get thin.

Chicken and luau cooked in coconut milk,
Haupia pudding as smooth as silk
Soda pop, too. Plenty more kaukau,
Then Kona coffee -- now all pau!

LAULAU

1/4 lb. fresh boneless pork (fresh ham would be good)
1 (2 inch) square fish - red snapper or any fillet
7 - 8 spinach leaves, fresh or frozen

LAULAU (Continued)

On ti leaf (or foil) place pork, then spinach, then fish. Salt all to taste. Wrap all ti leaves (or foil) and tie securely either flat or bag style. Steam 2 1/2 hours in basket over water. This is for one. These are usually cooked underground with the pig, but may be cooked in the house, this way.

BAKED BANANAS

If baking bananas are used, have them real ripe. Eating bananas should not be too ripe. Cut banana crosswise in 2 - 3 pieces. Leave in skins. Cut a slit in the skin, put a piece of butter in each, a dash of salt and pepper. Just barely cover the bottom of the pan with water. Lay the bananas in the bottom of the pan, slit side up. Bake about 30 minutes at 350°. Serve in skins.

BAKED SWEET POTATOES

Sweet potatoes are baked. Usually these are baked in the ground with the pig, for a luau.

LOMILOMI SALMON

1 lb. salt salmon
1 large onion, chopped
3 large ripe tomatoes
3 cubes of ice

Take skin off salmon. Soak in boiling water for 10 minutes, and drain. If very salty, repeat, but do not let stand too long. Take out any bones, and pick into small pieces, and put in a bowl. Cut up tomatoes and add. Add chopped onion. Add ice, and with the fingers, mix all until they are in very small pieces and well blended. Lomilomi means massage, and that is what you do to the mixture. Chill in refrigerator. Serving a heaping tablespoonful of this to each.

CHICKEN AND LUAU (Spinach)

1 roasting chicken or chicken parts
2 c. cooked, chopped spinach (fresh or frozen)
Cream of 1 coconut
Salt and pepper

CHICKEN AND LUAU (Continued)

Cut chicken in fricasee pieces and simmer until tender and very little liquid. Add seasoning and spinach. Cook 5 minutes longer. Add cream of coconut. Cook a few minutes and serve.

Cream of Coconut: Add meat of grated coconut to 1 cup hot milk. Allow to stand 1 hour. Squeeze through cloth or with hands. If more liquid is needed, repeat process. Frozen or canned grated coconut (unsweetened may be used in place of fresh).

HAUPIA PUDDING

1 qt. coconut cream
4 Tbsp. cornstarch
4 Tbsp. sugar
Pinch of salt

Grate coconut, let stand in hot milk for 1 hour in a warm place. Squeeze out liquid. Put in double boiler, add salt, sugar. When warm, add cornstarch mixed with a little juice, cook until thick, about 15 minutes, stirring constantly. Pour into long shallow pan and put in refrigerator. Cut in 2 - 3 inch squares. It should be about 1 inch thick. Do not use sweetened coconut, just fresh or unsweetened.

SWEET POTATO POL

Pol is the Hawaiian "staff of life", and it is made from the root of the taro. Since this is difficult to get unless canned, and since not many non-natives like it, sweet potato poi may be substituted. This is served with the main part of the meal.

4 large sweet potatoes (about 5 c.)
1 1/2 c. coconut cream (see above)
1 tsp. salt
1 1/2 Tbsp. sugar

Boil sweet potatoes, peel and put through potato ricer. Keep hot. Keep water from coconuts. Grate coconut and pour over it 1 cup of the coconut water, heated. Let stand 1/2 hour and squeeze juice through cloth. Add juice to coconut water to make 1 1/2 cups. Pour enough of this juice, hot, over mashed sweet potato to make consistency of poi or cereal that can be eaten with 2 fingers. Add sugar, salt and mix well. Serve in individual bowls.

COCONUT CAKE

3 c. cake flour
3 tsp. baking powder
1/4 tsp. salt
1/2 c. butter
1 1/2 c. sugar
2 eggs
1 1/3 c. milk
1 tsp. vanilla

Measure flour after sifting. Add baking powder and salt, and sift 3 times. Cream butter and sugar until light and fluffy. Add slightly beaten eggs, and beat well. Add flour alternately with milk, a little at a time, beating well after each addition. Add vanilla, bake in 2 (9 inch) layer cake pans for 25 minutes at 375°. Let cool.

Lemon Filling:

3 beaten egg yolks
3/4 c. sugar
Juice and rind of 1 lemon
2 Tbsp. flour
3/4 c. water

Cook in double boiler, stirring constantly until it is thick. Cool and spread between cooled cake layers.

Icing: Make any good Seven Minute Frosting with the 3 whites of eggs. Ice cake and sprinkle grated coconut over top and sides.

CHINESE DINNER

Mrs. Dishman says that she has tried to achieve the flavor of Chinese food which that served at the original Lau Yee Chai, had. This serves 8, using all dishes for the meal.

CHICKEN ALMOND

3 whole chicken breasts, cut off bones in bite sized pieces
1 onion
1 bunch green onions
2 c. celery
Peanut oil
1/2 c. slivered almonds (toasted)
1 c. mushrooms, sliced
2 cans water chestnuts, sliced
1 c. chicken stock (made from bones)
6 Tbsp. soy sauce
Dash of sugar
3 Tbsp. flour
1 Tbsp. sesame seed, toasted

Cut the raw chicken meat in bite sized pieces. Stew bones for stock. Flour the chicken lightly and fry in a little peanut (or

CHICKEN ALMOND (Continued)

salad) oil. When golden, remove from pan. Slice vegetables slantwise in small pieces. Fry the onions for 2 minutes, add celery, water chestnuts, mushrooms, chicken, almonds (save a few for the top), sugar mixed with any remaining flour. Add soy sauce and stock. Let come to a boil. Put in dish and sprinkle almonds and sesame seeds over top.

SHRIMP AND PINEAPPLE

2 cans chunk style pineapple, save juice
1 lb. medium shrimp
3 Tbsp. flour
3 Tbsp. sugar
3 - 4 Tbsp. soy sauce

Mix sugar and flour, add to the juice from the pineapple, add soy sauce and heat, until it thickens, stirring constantly. Shrimp may be boiled or deep fried in batter (either way is good). Add pineapple chunks to sauce. Bring to boil, add shrimp.

SWEET SOUR SPARERIBS

2 lb. spareribs, cut in inch pieces
3/4 c. vinegar
1 c. water
3/4 c. brown sugar
1/2 tsp. salt
3 Tbsp. flour
5 Tbsp. soy sauce
Peanut oil

Put rib pieces in the soy sauce. Dip lightly in the flour and fry in the hot peanut oil - just enough to cover bottom of pan. When brown on all sides, remove from pan. Drain excess fat, leaving only 2 Tbsp. Return ribs to pan, add vinegar, water, salt, any remaining soy sauce, and sugar. Cook for 1 hour at least, over medium heat, until tender. These should be made a day ahead, refrigerated, and the excess fat taken off the next day. Reheat before serving.

CRISP NOODLES

1 small pkg. noodles

Cook according to directions, spread out, and allow to dry a little. Heat shortening to deep fry temperature, and fry, dropping the noodles in the hot fat a few at a time. Turn over the

cluster once, fry until golden. Remove to paper towels to drain, add salt. Serve warm.

BOILED RICE

2 c. rice, washed well
4 c. cold water
2 tsp. salt

Wash rice well in several waters. Place in saucepan with cold water, cover, set over fire and bring to a boil for about 10 minutes, then reduce heat to very low, add salt, and let steam 10 minutes more.

Green or Chinese tea should be served with this meal. For dessert, it is nice to serve fortune cookies with ice cream, with either litchi nuts, fresh or canned, shelled and seeded, and cut in pieces, or a ginger sauce made from sugar and water with cut up pieces of crystalized ginger, boiled to a syrup consistency.

SMORREBROD

(Denmark - open faced sandwiches. Literal translation - "Buttered bread" or "Food already fixed".)

This comes from the Allan Brushes (The Boeing Company).

Use sour rye, pumpernickel and French bread, sliced thin. Butter slices heavily with lightly salted, whipped butter - thick enough to seal the bread. Top bread slices generously with the following:

Fish: 1. Tiny Danish shrimp with a frill of lettuce, top with a circle of mayonnaise, and a lemon twist. 2. Smoked salmon with scrambled eggs and chives. 3. Herring garnished with onion rings.

Meat: 4. Liver paté, topped with crumbled bacon, tomato slice, sauteed mushrooms. 5. Danish ham topped with Tivoli salad of carrots and peas in mayonnaise. 6. Thin slices of pork loin topped with curried macaroni salad and tiny slice of canned pineapple. 7. Thin slices of pink roast beef, topped with sliced sweetgherkins. 8. Steak tartare with sieved egg yolk, horseradish, capers, and chopped onion. 9. Sliced chicken with currant jelly. 10. Sliced duck with red cabbage salad. 11. Sliced ham and avocado, garnished with thinly sliced radishes.
12. Sliced avocado topped with tiny Danish shrimp.

SMORREBROD (Continued)

Cheese: 13. Danish Blue cheese with Mandarin oranges. 14. Danish Havarti cheese with green grapes. 15. Danish Tybo cheese with radish slices. 16. Danish Esrom with slices of tomato or pear.

Dessert: 17. Thin apple slices topped with currant jelly. 18. Sliced banana with whipped cream and slivered almonds. 19. Chopped prunes and apples.

Any selection of the above can be used. A marvelous way to use leftovers. The bread should be completely covered. These sandwiches can be prepared ahead, or you can set up a buffet and let your guests let their imaginations run riot. Serve with Aquavit and/or beer. Top off with a Danish pastry and hot coffee.

SPECIAL RECIPES FOR DIABETICS

One of the members of the Cocoa Beach Woman's Club is Mrs. Bruce Anderson, who is President of the Brevard County Unit of the Diabetes Association of Florida. She has contributed these recipes which will interest the diabetic.

SHREDDED WHEAT PIE SHELL

Makes 1 pie shell, 12 servings. Each serving contains less than 1 milligram sodium and is 100 calories.

6 shredded wheat biscuits, finely rolled
1/4 c. sugar
1/4 tsp. salt substitute
1/4 c. softened sweet butter

Mix thoroughly, shredded wheat crumbs, sugar, butter and salt substitute. Add 1 1/2 teaspoons water, mix well. Press mixture firmly against sides and bottom of lightly greased 9 inch pie pan. Bake in hot oven (400°) 10 minutes. Cool. Fill with a favorite filling.

APPLE TART

Makes 3 servings. Each serving contains 27 milligrams sodium. 108 calories.

1 1/2 c. unsweetened applesauce
1 egg, beaten
1/8 tsp. nutmeg

APPLE TART (Continued)

1 1/2 tsp. liquid saccharin or other non-food sweetener
1/8 tsp. cinnamon
1 tsp. melted sweet butter or vegetable oil
3 Tbsp. fine dry low sodium bread crumbs

Heat applesauce. Beat egg in bowl and gradually beat in hot applesauce. Add nutmeg, cinnamon, and 1 teaspoon of the sweetener, mixing well. Place apple mixture in 3 lightly oiled 5 ounce custard cups. Blend together melted butter and 1/2 teaspoon sweetener. Combine with bread crumbs and sprinkle over apples mixture. Bake in moderately hot oven (375°) until crumbs are lightly browned, about 30 minutes.

DIET "WHIPPED CREAM" SUBSTITUTE

Mix 2 1/4 cups whipped topping. Each tablespoonful contains 12 milligrams sodium, 7 calories.

1 Tbsp. lemon juice
2 tsp. Sacrose (or other liquid saccharin)
1/2 c. nonfat dry milk solids (skimmed milk powder)

Place 1/2 cup cold water in bowl. Add lemon juice, Sacrose and milk powder. Beat with rotary beater or electric mixer until as thick as marshmallow cream. This topping will stay light and fluffy for about 30 minutes.

Spicy Fluffy Topping: Add to the above recipe before beating, 1 teaspoon cinnamon and 1/8 teaspoon nutmeg.

Whipped Coffee Topping: Add 1 teaspoon instant coffee before beating. Calories in 1 tablespoon equals 8.

APRICOT BON BONS

Amount: 30 pieces. Exchange: 2 pieces equals 1/2 fruit and 1 fat (calories: 2 pieces equals 36.)

1 (8 oz.) pkg. dried apricots
1 1/2 c. water
2 1/2 tsp. granulated artificial sweetener
2 envelopes unflavored gelatin
1/2 c. cold water
1/8 tsp. orange extract
3/4 c. chopped walnuts
2 Tbsp. cornstarch
1/2 tsp. granulated artificial sweetener

APRICOT BON BONS (Continued)

Cook apricots in water about 20 - 25 minutes, puree. (Makes about 1 1/2 cups.) Add the 2 1/2 teaspoons granulated artificial sweetener and blend. Sprinkle gelatin over cold water to soften. Add to apricot puree, heat until gelatin is dissolved. Remove from the heat and stir in orange extract. Refrigerate but stir occasionally, until the consistency of unbeaten egg white. Add nuts and blend thoroughly. Pour into waxed paper or foil lined 8x4 inch shallow pan. Refrigerate until firm. Blend granulated artificial sweetener and cornstarch. Invert pan onto board which has been well dusted with some of the granulated artificial sweetener - cornstarch mixture. Peel off waxed paper. Cut into 3/4 x 1 1/2 inch pieces, roll in remaining sweetener-cornstarch mixture. Keep in refrigerator.

RAISIN BRAN COFFEE CAKE

Amount: Serves 20. Exchange: 1 serving equals 1 bread and 1/2 fat. Calories: 1 serving equals 84.

1 1/2 c. sifted flour
4 1/2 tsp. baking powder
1 tsp. salt
1 1/2 c. All-Bran
1/4 c. chopped raisins
1 c. skim milk
4 1/2 tsp. liquid artificial sweetener
1 egg
1/4 c. salad oil

Sift together flour, baking powder and salt. Add bran and raisins and blend well. Combine remaining ingredients, add to flour mixture, stirring just to blend. Turn into a greased loaf pan (9x5 inches) or into a greased 1 1/2 quart round casserole. Bake in moderate oven (350°) about 1 hour, or until done.

FRUIT CRISPS

Amount: 20 cookies. Exchange: 3 cookies equals 1 bread and 2 fat. Calories: 3 cookies equals 167.

1/2 c. instantized flour
1/4 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. cloves
1/2 c. rolled oats
1/2 tsp. baking soda
1/3 c. raisins
1/2 c. dietetic artificially sweetened cranberry sauce
1/4 c. liquid shortening
1 unbeaten egg
1 tsp. vanilla

FRUIT CRISPS (Continued)

Mix flour, salt, soda and spices together. Add oats and raisins. Combine cranberry sauce, shortening, egg, and vanilla. Stir into dry ingredients until moistened. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake at 375° for 10 - 12 minutes.

COLORFUL CABBAGE SLAW

Amount: 6 servings equals 1/2 cup each. Exchange: 1 serving equals 1 vegetable. Calories: 1 serving equals 5.

1/2 medium sized head cabbage
1/4 small green pepper
2 c. water
1 small carrot

Cut 1/2 head cabbage into small wedges. Place half of cabbage, green pepper, carrot, and water in blender bowl. Turn switch on and then off. Drain immediately, and reuse liquid for blending remaining cabbage. Reserve liquid to use in soup or stew. Combine cabbage with Sweet 'N Sour Dressing or Cabbage Salad Dressing.

SWEET AND SOUR DRESSING

Amount: 1 1/2 cups. Exchange: 2 Tbsp. equals free, no exchange necessary. Calories: 2 Tbsp. equals 9.

1/2 c. vinegar
3/4 tsp. liquid sweetener
1 c. skim milk

Blend in electric blender for 30 seconds or beat well with rotary beater. Use as a dressing on shredded cabbage for cole slaw.

SPECIAL FRUIT DRESSING

Amount: 1 1/2 cups. Exchange: 2 Tbsp. equals 1 fat. Calories: 2 Tbsp. equals 40.

1/2 c. vinegar
1/8 tsp. salt
1/8 tsp. dry mustard
1 Tbsp. liquid sweetner

SPECIAL FRUIT DRESSING (Continued)

2 Tbsp. celery seed
2 tsp. paprika
1/2 tsp. onion juice
3/4 c. water
1/4 c. salad oil

Combine vinegar, salt, mustard, paprika, and onion juice. Bring to a boil and add remaining ingredients. Chill. Serve on fruit salad or crisp greens.

FRENCH DRESSING

Amount: 3/4 cup. Exchange: 1 Tbsp. equals 2 fat. Calories: 1 Tbsp. equals 90.

1/2 c. olive oil
1/4 c. lemon juice or vinegar
1 tsp. salt
1/4 tsp. dry mustard
Dash of paprika
Few drops onion juice

Blend (or shake thoroughly in a glass jar). Chill.

TASTY HAM LOAF

Amount: 8 servings. Exchange: 1 serving equals 1 milk and 3 meat. Calofires: 1 serving equals 365.

1 1/2 lb. ground ham
1 lb. ground beef
4 slices soft bread, broken into little pieces
2 eggs, beaten
1 1/4 c. milk
1 1/2 tsp. liquid sweetener
1 1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. dry mustard
1/4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg

Combine all ingredients and mix well. Place in loaf pan. Bake at 350° for 1 1/2 hours.

VEAL AND NOODLE CASSEROLE

Amount: 6 servings. Exchange: 1 serving equals 1 bread and 3 meat. Calories: 1 serving equals 285.

1 lb. cooked veal, cubed
2 c. celery, chopped
1/2 c. green pepper, finely chopped

VEAL AND NOODLE CASSEROLE (Continued)

1 1/2 tsp. salt
1/8 tsp. pepper
2 1/2 c. tomato juice (part juice and part tomato paste may also be used)
3/4 c. uncooked noodles

Combine all ingredients and place in a casserole. Bake at 350° for 2 1/4 hours.

TWICE BAKED POTATOES

Exchange: 1 small potato equals 1 bread. Calories: 70 per potato.

Bake medium sized potatoes. When done, cut in halves, lengthwise. Scrape out pulp taking care not to break skin. Mash well, add skim milk, salt, and pepper. Measure milk to enable you to figure amount used in each 1/2 potato. Beat until fluffy. Spoon pulp back into skins and sprinkle with paprika. Place under broiler to brown. Serve immediately. For non-diabetics in the family, butter may be added if desired. This is done most easily by filling several shells for the diabetic and adding butter to the remaining pulp before filling shells. These may be made in quantity and frozen. To freeze: Place on a cookie sheet and freeze. After several hours, remove from freezer and wrap individually. Mark each package as to ingredients, i.e. with cheese or butter or plain.

To serve: Remove foil and place in hot oven at 400° to 450° for 1/2 hour.

EXCHANGE VALUES

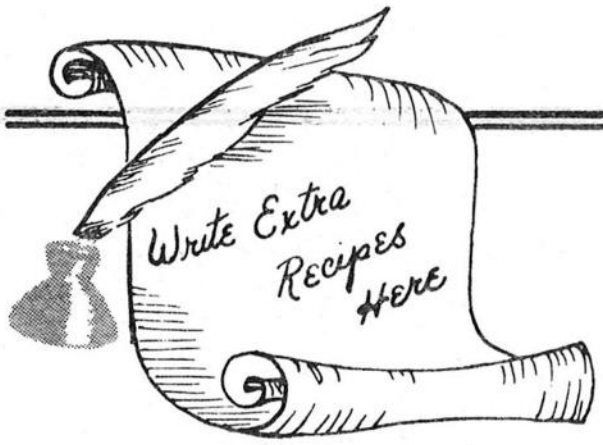
This list of exchange values has been calculated by a registered dietitian for Sprinkle Sweet. The exchange values for each recipe are identical to those for Sweet "10" with the following exceptions:

Beverages:	Sprinkle Sweet Exchanges:
Orange Tea Cooler	1 (1 cup) serving - free 2 (1 cup) servings - 1/2 fruit exchange
Pineapple Shake	1 (1 cup) serving - 1 bread exchange

EXCHANGE VALUES (Continued)

Hot Green Cider	1 (1/2 cup) serving - 1 fruit exchange
Mexican Coffee	1 (1 cup) serving with or without topping) - 1 B vegetable exchange
Desserts:	
Applesauce	1 (1/2 cup) serving - 2 1/2 fruit exchanges
Dieter's Whipped topping	Up to 3 Tbsp. - free 5 Tbsp. - 1/2 B vegetable exchange
Pastry:	
Stove Top Fresh Fruit Pie (Strawberry)	1 serving (1/8 pie) - 1 bread exchange, 1/2 B vegetable exchange, and 1 1/2 fat exchange
Pickles and Relishes:	
Cucumbers in vingierette	1 (1/2 cup) serving - free 2 (1/2 cup) servings - 1/2 bread exchange
Crisp Pickles	Up to 3 pickle sticks - free 4 pickle sticks - 1/2 fruit exchange

** EXTRA RECIPES **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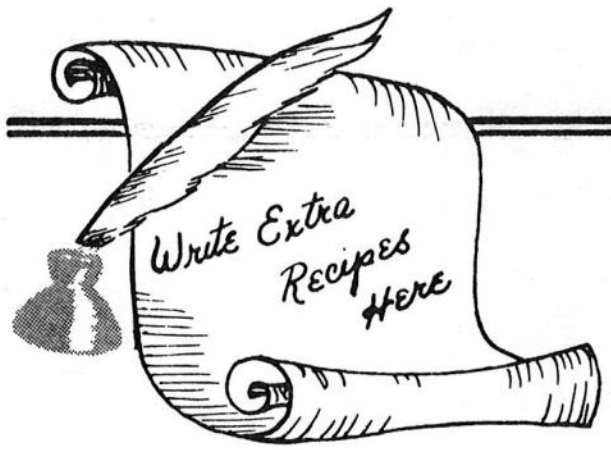
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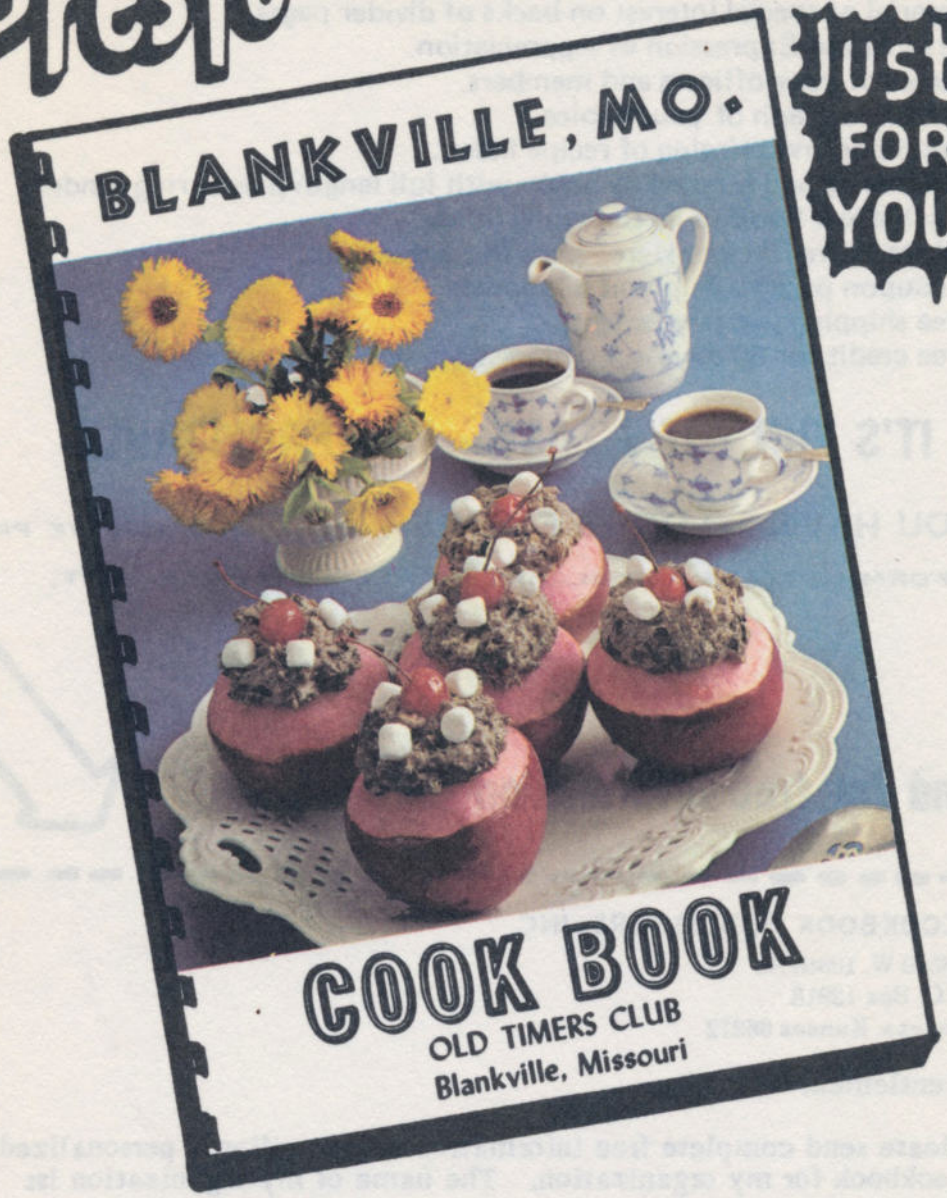

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